

Coming Thursday: 20 faces of volunteerism

Granite City Journal

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TWENTY CENTS



CRASH AND BURN could have been the theme during a busy weekend for the Madison Fire Department. At top, a fire rescue squad pulls David Griggs of Venice from his car after it crashed into a utility pole on State Street. At bottom, they extinguish a blaze that gutted a condemned house on Madison Avenue.



Madison kept busy

MADISON — Firefighters in Madison had a busy weekend. On Saturday, they pulled a man from his car after crashing into a utility pole, and on Sunday they put out a blaze that destroyed a condemned house.

David Griggs, 21, of Venice crashed his car into Illinois Power Co. pole in the 500 block of State St. at about 6:20 p.m. Griggs, of the 1000 block of College St., was seriously injured and was airlifted to St. Elizabeth Medical Center. He was transferred to Barnes Hospital in St. Louis, where he remained in serious condition Monday with multiple bone fractures.

A fire company rescue squad labored about 35 minutes to extricate Griggs. The crash knocked down a high voltage line, and police cordoned off the block to prevent a large crowd from being endangered by the live wire.

A police report gave no indication of what caused the crash. Griggs was not intoxicated.

The crash burned out electrical power to about 600 customers in downtown Madison, said IP spokesman Ralph Simmons. It also burned out many television sets and propane ovens, said Madison Police Lt. John Belford.

On Sunday, fire destroyed a vacant residence at 1331 Madison Ave. The fire consumed the house by 7:30 p.m., despite the efforts of the Madison Fire Company. No one was hurt.

What remained of the house, which had been condemned and scheduled for demolition before the blaze, was torn down Monday by the Street Department.

Granite City publisher

Jarvis chosen GM of Illinois Journals

Newspaper executive Rick Jarvis has been promoted to general manager of the Illinois Suburban Journals.

Jarvis, 37, has been with the Suburban Journals for the past 10 years. During that time he has served in various capacities in Illinois operations in Granite City, Alton, Edwardsville, Collinsville and Monroe County.

Most recently he has served as president and publisher of East St. Louis publications which published the Granite City Press-Record and Journal, the Cahokia-Dupo Journal and the East St. Louis News Journal. He will continue but will expand his efforts toward the betterment of all the southern Illinois Journal operations, he

said. "I am certainly looking forward to the challenges that this new position will present," Jarvis said. He described his position as "a driving force in developing and executing our strategy to continue our success into the 21st Century."

Jarvis, his wife, Gayle, and two daughters, Christi and Cara, live in Edwardsville. Jarvis holds a bachelor of science degree in mass communications from SIU at Edwardsville.

Thomas Machele, president of the Suburban Journals, said Jarvis earned the promotion. "This appointment reflects our absolute confidence in Rick's ability to carry on the traditions of



Rick Jarvis
... promotion

community newspapering that the Suburban Journals have brought to Illinois and Missouri.

"He has just marked his tenth anniversary with the Journal organization and has distinguished himself in all phases of his career."

Abortion issue attracts GC residents to Capitol

By Jason Moody

P-RJ Washington bureau

WASHINGTON — The Hope Clinic in Granite City sponsored about 30 Madison County residents in the mix of pro-life activists, celebrities and feminists that descended Sunday upon Capitol Hill to rally for a woman's right to have abortions.

"We hope to send the message that safe, legal abortions are vital to so many young women's lives," said Julie Adams, a counselor at Hope Clinic, an outfit that originally sought to ban all abortions. "No matter what the Supreme Court decides, the need for abortions will not go away."

The Hope Clinic group left by plane Saturday and most returned home Sunday. However, Adams said many planned to stay in Washington during the rally to be held Congress.

Madison County also was represented by those going to Washington against abortions.

Despite brisk winds, police estimated 300,000 marchers participated in what organizers were heralding as the largest protest of its kind.

The National Organization of Women, the group that organized the protest, said closer to 600,000 people were in attendance.

The protest was staged in part to send a message to the U.S. Supreme Court as it prepares to hear arguments in a Missouri case that could grant states more power to restrict abortions.

A Missouri law declares that life begins at conception and mandates that no public funds,

employees or personnel can be used to perform an abortion or advise that an abortion be performed. This law was challenged by pro-choice activists and was found unconstitutional by a St. Louis appeals court in July 1988.

U.S. Rep. Jerry Corrillo, D-Belleville, has signed an advisory legal brief urging the court to use the Missouri case to reverse Roe v. Wade, the landmark 1973 ruling that overturned anti-abortion laws in 33 states including Illinois.

The Supreme Court has scheduled its hearing on the case for April 26. William L. Webster, v. Reproductive Health Services, for April 26.

The Madison County residents whose trips were financed by the clinic were "mostly friends, relatives and supporters of the clinic," she said.

Alton pro-life activists Phyllis Schill, who participated in last year's demonstration, and several of the rally's featured speakers in the week prior to the event, was a popular focus of criticism.

The marchers — many dressed in white garb in remembrance of the suffragettes who fought to win women the right to vote — carried placards that read everything from "Mormons for choice" to "Mind your own uterus."

Despite continued verbal battles, there were no arrests or reports of physical violence.

Federal lawmakers, the Rev. Jesse Jackson and other pro-life activists, including a contingent of celebrities that included Cybill Shepherd, Morgan Fairchild, Whoopi Goldberg, Jane Fonda, Marlo Thomas, Gloria Steinem and Bella Abzug.

Reviews and previews

Women of Achievement to be named

The names of the 10 *Suburban Journals/KMOX* Radio Women of Achievement will be announced in a special Women of Achievement section in the April 19 edition. The women will be honored at a luncheon on May 17. They will join 331 other women who have been honored for their contributions to the community since the Women of Achievement program was started in 1985.

Church gets interim facilities

Mount Zion General Baptist Church and the Gateway Christian Academy have accepted offers of temporary space to house their congregation and school following a devastating fire last week. The congregation has been given use of the First Christian Church on Maryville Road. St. Peter's Evangelical United Church of Christ at Cleveland Boulevard and 21st Street has offered space for the school's 41 students.

'Askable Parent' lecture scheduled

On Monday, the Madison School District will host a lecture, "Becoming an Askable Parent," at 7 p.m. at Harris School. It will address such topics as how to answer questions about sex and other difficult topics.

50 years ago

Thursday, April 10, 1939

The Granite City Public Library Board bought 511 books, bringing its total volume to 21,169. Its highest daily circulation was 708, a yearly report showed.

Tip of the hat



Leading debaters

Steve Friedel and Kelly Kessler hold the Leading Chapter Award given to Granite City High School by the National Forensic League. Granite City High School was among 78 schools selected from 2,300 nationwide to receive the distinguished award. Ron Pennell is the debate coach, and Bev Scroggins is the individual events coach at the high school.

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Battery, theft counts filed

Granite City

David Brown, 28, of the Venice Homes, Venice, was charged with two counts of battery and one count of retail theft when arrested at 6:50 p.m. April 5 at Shop 'N Save in the 3200 block of Edwardsville Road.

An employee alleged seeing Brown put two cartons of cigarettes inside his coat and try to leave the store through an entrance-only door.

Brown was approached by Store Manager Lynn McClain and two other employees when he ran to an exit door; a struggle ensued on the parking lot, where employees were holding Brown on the ground when police arrived, a report said.

During the struggle, Brown allegedly bit Hanvey on the nose with an elbow, causing Hanvey's eyeglasses to break, and also struck a woman clerk with an elbow.

In an April 6 appearance at the Granite City court, Brown pleaded innocent and was transferred to the Madison County Jail in Edwardsville.

Glass door shattered

After hearing a loud noise, the Rev. William E. Davis discovered a sliding glass door had been shattered with a rock at his home in the 2600 block of Delmar Avenue, he said April 6.

Served with warrants

Steven Lamont Henderson, 20, of Lee Wright Homes, Venice, was arrested April 6 on two warrants while in a parking lot in the 3100 block of Madison Avenue. A Granite City man was charged to appear in court on a charge of driving while his license was suspended. A Madison warrant alleged failure to appear on a misdemeanor theft charge.

Vandalism at Parkview

Vandals spray-painted a rear wall and door at Parkview School, 3200 Maryville Road, writing,

obscene phrases, a name and the words "Guns and Roses," it was reported March 28.

A custodian saw three juveniles not far from the school; two left the area on bicycles and the third walked toward nearby apartments.

An officer later talked with a girl and boy, both 13 years old, and a 12-year-old boy about the incident. The three youths were advised the juvenile officer would be contacting the families to further discuss the vandalism.

Church school vandals

Spray paint was used to damage 10 window screens and some bricks at Holy Family School, 1900 St. Clair Ave., Sister Angelene of the school reported March 28. Two screens also were torn.

Loud yard music alleged

The second time an officer went to the home of Pamela Ruth Coad in the 2000 block of Dewey Avenue in response to complaints of loud music coming from the backyard, he found Coad, 23, charging her with disorderly conduct and maintaining a public nuisance at 12:11 a.m. March 29.

Thomas Mitchell Clifton, 26, of the 2100 block of Dewey was charged with disorderly conduct.

Baseball cards stolen

Debra K. Brown, 21, of the 2200 block of Monroe Avenue, reported April 1 that a thief of seven baseball cards from her collection at her home. Missing were six Pete Rose cards valued at \$550, one Willie Mays card valued at \$35, a Stan Musial card valued at \$55, four Johnny Bench cards valued at \$120, one Mickey Mantle card valued at \$50 and one Roger Maris card valued at \$15.

Artwork in lobby stolen

An artwork on display in the first floor lobby at City Hall was stolen, it was reported April 3 by Lynn Ellen McClain of the 2200 block of Edwardsville Road.

The 18-by-94-inch picture in black, grey and white was created in a process called scratch board art on heavy gauge poster board and featured the Van Halen music group. Several other art pieces were included in the display.

The artist's name, Nathan Allen McClain, was on the picture.

Found in storage room

A man found locked inside a storage room at the Wayside Tavern in the 2100 block of Washington Avenue was unable to explain why he was there.

An officer and Faye Schneider, the owner, searched the premises at 3:35 a.m. April 4, but were unable to locate anyone in the tavern. A padlocked storage area was opened and Orville Eugene Conner, 41, of the 2500 block of Madison Avenue was discovered in the room.

Copeland said he was a customer and didn't know how he got locked inside. He was charged with disorderly conduct.

Accident injures three

Three people were injured, one seriously, in a three-car accident at 10:36 p.m. April 1 on Edwardsville Road just west of Nameoki Road.

Mitchell C. Bryant, 45, of the 4500 block of Walter Avenue, was driving east when he struck the front of a car driven by Carrie G. Petri, 21, of the 2700 block of Dale Avenue and forced her car against an auto driven by Monica A. Evans, 16, of the 2500 block of St. Paul Street. Petri and Evans were stopped at a red light.

Bryant was taken to St. Elizabeth Medical Center by Granite City ambulance and Petri was taken to the hospital.

taken to St. Elizabeth by relatives. A passenger in Evans' car, James Terzovski, 21, of the 2800 block of Edwardsville Road, was seriously injured and was taken by Granite City ambulance to St. Elizabeth.

Bryant was charged with failure to reduce speed to avoid an accident.

Bicyclist struck by car

A 16-year-old boy was seriously injured when she was struck by a car at 4:02 p.m. April 1.

George F. Schoffra of the 1900 block of Edwardsville Road in Madison was injured when she rode her bicycle into the path of a car driven by Norma G. Marshall, 53, of the 4900 block of Kirkpatrick Avenue. The child was taken to St. Elizabeth Medical Center by Granite City Ambulance.

Store customer charged

Keith Russell Robins, 21, of East Alton, was arrested April 2 and charged with assault. Robins and a companion reportedly went into the 7-11 store at 1297 Niedringhaus Ave. saying they were out of gasoline and needed a fuel can. Dennis Patrick Gibson, 21, an employee, said the two had no cans and Robins allegedly cursed him.

When Gibson escorted Robins outside, Robins allegedly swung a fist at him; Gibson pushed Robins to the ground and Robins ran toward Prairie Farms property, where he was arrested.

Burglar gets antiques

John Tolson of the 2000 block of Washington Avenue reported April 2 that a burglar had broken into her home and taken an antique clock valued at \$2,500, antique deer antlers valued at \$500, an antique clock worth \$1,000 and a man's coat valued at \$65.

Diamond ring among loot

A diamond ring valued at \$2,300, a television worth \$600 and a video cassette recorder valued at \$562 were taken in a burglary at the apartment of Richard A. Rose in the 2300 block of Hodges Avenue, he reported March 30.

Prescription drugs gone

Two bottles of prescription medicine were stolen from the home of Orla Kirk in the 2000 block of Grand Avenue, she reported March 31.

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Library Week celebrated April 9-15

This year National Library Week is being celebrated April 9-15. The theme, "Ask a Professional, Ask Your Librarian," focuses on the advantage of knowledgeable, professional help in locating necessary information.

Granite City Public Library Director Robert J. Stack said, "We want businesses and organizations to know they have a valuable source of information, someone they can consult without paying a fee. And adults, students and families with young children in our community rely on our same professional expertise."

"When people have questions," Stack said, "we want the librarian to be the first person they think of."

The Granite City Public Library each day during Library Week will select a recipient of a free poster. Selections will be held in the adult and children's departments. The poster, 24" x 36", 2001 Delmar Ave., and at the branch, 2145 Johnson Road.

Each adult winner will receive a large "Read" poster featuring a celebrity in the field of entertainment. Each child whose name is chosen will be given a poster showing a storybook character.

Airport expansion vote an overwhelming 'no'

By Madeline Smith
Staff affiliate

BELLEVILLE — Residents of three St. Clair County townships sent in their names and their feelings on the proposed joint civilian/military use of Scott Air Force Base in a non-binding referendum April 4.

With all the township votes counted, 3,421 residents said "no" and 1,909 said "yes" to the idea.

In the individual townships, the votes were:

• Mascoutah—314 yes, 533 no
• O'Fallon—1,288 yes, 2373 no
• Shiloh Valley—307 yes, 515 no

The three townships directly surround the areas where the proposed expansion would take place.

Noise pollution, environmental damage, the loss of prime farmland, the displacement of families, the potential for higher taxes and the desire to maintain their small-town, rural atmospheres are just some of the reasons opponents have given for fighting the project.

Supporters of the project say the Mid-East needs the economic benefits the expansion would bring. The runway and terminal would mean airport capacity that would relieve pressure on St. Louis' Lambert International Air Port, while bringing businesses and jobs to this area, they say.

"I moved to Mascoutah to be in a nice, quiet community and I didn't move to be next to an airport. They're spoiling the town."

Voters seemed to feel strongly about the issue, whether they were for or against it.

"I moved to Mascoutah to be in a nice, quiet community and I didn't move to be next to an airport. They're spoiling the town," said one woman who was voting at Sixth Street Elementary School in Mascoutah. The woman, who said she has lived in Mascoutah for 10 years, did not wish to give her name.

But Denise Manning of O'Fallon said she voted yes for economic reasons.

"I figure when my kids are grown up, that's job possibilities," she said. Manning added she wasn't entirely convinced one way or the other.

But Mary Hardy of O'Fallon said she doesn't believe economic advantages would cancel out the many disadvantages.

"It will cost more hardship than good," she said.

Hardy added that she used to work in Bridgeton, MO, near Las Vegas.

"I've seen what it does to an area," she said, grimacing.

Richard Bossler, chairman of

Conservate Our Present Environ-

ment, a group that opposes the proposed expansion, said he was pleased and encouraged by the results. He said several people told him they went out to vote on the issue alone.

"I think this ought to tell our state representative and chambers of commerce something about how the people feel," he said.

Hugh Enyart, who helped to get the question on the ballot as a part of his unsuccessful campaign to become O'Fallon Township supervisor, said he was extremely pleased with the outcome of the referendum.

"It gave the concerned people

a chance to voice their opinion with out having it (the proposal) rammed down their throats by the task force and other concerned groups," he said.

"It (the referendum) forced the task force to get off their duffers to educate people on the values and the merits of the proposal, and that was convincing enough," Enyart said.

No one from the Joint-Use Citizens Committee, a group which favors the expansion, returned phone calls Wednesday.

Terrence Schadel, airport

planner and environmental officer for the Illinois Department of Transportation, said IDOT would not have an official comment on the results until Thursday.

County Administrator Dan Maher, who urged the St. Clair County Board to agree to be the sponsor of the proposed airport, did not return phone calls Wednesday.

Some officials said they thought that putting the referendum on the ballot was premature since voters do not have all the information.

"We definitely thought the call for a referendum was premature. All the facts aren't in yet," said Scott Schanuel, executive director of Belleville Economic Progress Inc., which has favored the pro proposal.

"We're still convinced that St. Clair County residents as a whole endorse this project," he said.

If the Air Force determines

that the project is viable, Schanuel said the county is ready to proceed with its plans.

U.S. Rep. Jerry Costello, D-Belleville, said from his Washington office on Wednesday he was not surprised by the refer-

endum's defeat.

"Frankly, I felt that it would

have been beaten by a larger

margin—given that most of the

opposition is located in those

areas," Costello said.

He said he wished the referen-

dum had been put on the ballot

county-wide to give a better pic-

ture of how all the residents feel

about the issue alone.

County Administrator Dan

Maher, who urged the St. Clair

County Board to wait until

all of the studies are completed

before making a decision.

"I would encourage the people

of St. Clair County to wait until

the Air Force completes their studies, and St. Clair County decides it will go forward with the plans.

If plans go through, a new run

way would be built 7,000 feet

east of the present one. Present

commercial airport plans call for

eight airline gates by the year

2000. The project would cost \$185 million, according to airport

planners.

positions are vacant.

The laboratory field is grow-

ing. Advances in medical tech-

nology allow for more and more

complex tests, which

require more trained personnel.

We hope exhibits like the one at

the Science Center will encour-

age talented young people to

enter the field," Dr. Gronemeyer

said.

In the area of cytology, the

need is even greater. Approx-

imately 14 percent of cytology

positions are vacant.

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Laboratory professionals from

SEMC will be participating in a

special exhibit at the Science

Center in Forest Park.

The exhibit is designed to

show the public what lab profes-

tionals do and to encourage stu-

dents to consider a career in the

Variety of SEMC lab programs cited during week

The laboratory at St. Elizabeth Medical Center in Granite City is celebrating National Medical Laboratory Week April 9-15. The theme for the week is "The Laboratory Professional—Your Key to Quality Health Care."

"Lab workers aren't as visible as nurses and doctors," said Dr. Daniel Gronemeyer, pathologist in the lab at SEMC. "But we are just as involved in patient care. The patients are very important to us. We can see them, but we still feel responsible for their recovery."

Laboratory professionals perform most of the 5 billion complex laboratory tests performed annually in the United States, on fluid and tissue samples from patients.

These tests assist the physician in making correct clinical decisions. They can range from simple pre-marital blood tests to more complex procedures for detecting diseases such as diabetes, anemia and cancer.

These tests let the physician look inside the body to see changes that may occur before they are outwardly seen, such as a fever or cough develop. If the tests indicate these changes in blood or body cells early enough, preventative action can be taken, a more specific diagnosis can be made and a course of treatment selected.

There are several types of laboratory professionals including pathologists, technologists and technicians, phlebotomists and dental laboratory personnel.

Pathologists are physicians who have taken four or more additional years of training after completing medical school. They are experts in the interpretation of laboratory tests to diagnose and treat disease.

They may specialize in surgical pathology, clinical pathology or specific laboratory tests. SEMC has three pathologists on staff: Dr. Robert Trinity, Dr. Gronemeyer and Dr. Aiman Hawasli. All are board certified in anatomical and clinical pathology. Dr. Trinity is the director.

Technologists and technicians are the fact-finders. They perform the complex tests which determine the absence or presence and cause of disease. The laboratory supervisor is Lori Stanzel.

Typical medical technology programs involve two to four years of training. The medical technologist may also choose to specialize in a specific area of the lab, such as blood bank, microbiology, chemistry or hematology. This involves additional training.

The data processing personnel include programmers, people who enter data and those responsible for the dissemination of data.

Phlebotomists obtain the blood specimens.

"We have a lot of very advanced medical equipment," Dr. Gronemeyer said. "But it is useless if you don't have well-trained people to work with it. The machines don't give the answers. They give results that have to be interpreted."

"Some of the things we do are literally matters of life or death. The results are very critical and the technologists has to be trained to interpret them correctly."

The lab is divided into sec-

tions. They include:

• The blood bank is the area responsible for supplying blood.

Each unit of blood must be typed to determine its blood group and type, screened for antibodies and tested for other diseases. SEMC has two board certified cytologists on staff.

• Microbiology is responsible for the identification of disease-causing bacteria, parasites or viruses. They also identify the appropriate antibiotic to be used in the treatment of bacterial infections.

Hematology is responsible for studying the blood cells. Hematologists are involved in red and white blood cell counts and the microscopic examination of stained blood cells, to determine

if the patient has anemia, leuko-

nia or viral or bacterial infections.

• Cytology is responsible for screening human cell samples for early signs of cancer and other diseases. SEMC has two board certified cytologists on staff.

• Chemistry is responsible for running tests to determine the various levels of chemical components in a person's body. Fluctuations in the levels of these chemical components can reveal the presence of many medical conditions.

• Histology is responsible for preparing tissues removed from patients during surgery, so they may be examined by the pathologist.

The laboratory at St. Elizabeth

Medical Center recently received

a two-year accreditation by the College of American Pathologists (CAP).

In celebration of National Medical Laboratory Week, there will be a special lab display in the hospital's Graphic News.

Posters will be put up throughout the medical center and associates from the lab will also be available.

National Medical Laboratory Week is April 9-15.

For more information, call 522-5727.

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We hope exhibits like the one at

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Organizations

Mammogram bus will visit Madison April 29

The Madison Junior Service Club will sponsor a stop by the Mallinckrodt Mammogram bus on April 29 at the Madison Recreation Center. Those who wish to make an appointment for a mammogram should call 777-5712. The charge will be \$50.

Zeppetella's lunch for Butterfly Club

Members of the Butterfly Club met for lunch at Zeppetella's Restaurant in Collingsville. Following the meal, the members of Katie Hommer for an afternoon of pinochle. Dessert was served with an Easter theme.

Prices were won by Harriet Hoff, Mary Lou Claussen, Neil Valley, and Edith Ryan. A special prize was won by Lorraine McIlvoy.

Other members present were: Thelma Schmitz, Janita Rosenbaum, and Helen Willis.

The April meeting will be hosted by Harriet Hoff.

Ruth Circle studies plans

Ruth Circle of Niedringhaus United Methodist Church met in the church parlor.

The meeting was opened with the Lord's Prayer.

Janet Wilson read a poem titled "Fulfillment of Spring." She also presented the lesson titled "The Gift of Re-Birth." She ended with a poem titled "The Way of the Cross Leads to Me."

Clara Huber gave the lesson for the Least Coin titled "Two Mothers."

Leader Dempva Bensley conducted a business meeting. Tickets for the steak dinner to be held April 14 were discussed and distributed.

The CROP Walk will be April 23. Granite City churches are included in this.

The women are planning a spring banquet on May 11.

In attendance at the meeting were: co-hostess Dolores Allen, Betty, Dorothy, Karen, Dorothy Whiteman, Gladys Potillo, Mary Miller, Huber, Pauline Cox, Esther Traylor, Dorothy Frohardt, co-hostess Genevee Miller, Brown, Betty McClinton and Joanne Kraus.

Former local pastor coming as revivalist

Bethesda Baptist Church, 3035 Nameoki Drive, will be held a revival Sunday night, April 16, and Sunday morning, April 23. Services will begin at 7:30 a.m. with the Rev. Carl Watkins as evangelist, said the Rev. Luther Abbott, pastor of the local church.

Watkins is pastor at Pleasant Hill Baptist Church, Mount Vernon. Watkins is a graduate of Southern Illinois University at Carbondale and Southwestern Theological Seminary, Fort Worth, Texas.

"Rev. Watkins is not a stranger to Granite City," Abbott said. "A lot of people will know Carl from when he pastored Second Baptist Church (1978-1986) and some from when he pastored Third Baptist Church some years earlier."

Both churches are in Granite City.

Music will be under the direction of Roger Wilson.

Wilson said, "Each night there will be special music, including local youth and members of the Quad City Youth Choir, Bells of Joy, which is another local choir, and various other persons adding to the music program."

Abbott said, "There will be a special emphasis on youth night, with Sunday being Pie Night; Monday is Sunday School Night; Tuesday, Children's Night, with hot dogs; Wednesday is Family Night; and Thursday is Family Night. Friday is Patriotic Night, with the Color Guard. Friday is Youth Night, with pizza, and Saturday is Old Fashion Night, and a chili supper."

Literary Club reads again

The February meeting of the Lesche Literary Club was held in the home of Betty Harmon. The hostess served a dessert luncheon to 12 members and one associate.

The meeting was conducted by President Ruth Seymour. The Pledge of Allegiance was led by Virginia Johnson and the club closed with a poem by Verna Stuart.

Program Chairman Ruth Ann Bartels introduced the speaker,

Bill Iseminger, archeologist at Cahokia Mounds, who gave a talk on "Mississippian Religion and Symbolism." This culture emerged around 850 to 900 A.D. and extended from the Great Lake area to the Gulf of Mexico and several states to the east and west of the Mississippi River. The Mississippians is not a tribe, but a name given by archeologists.

Iseminger showed slides of Mississippian artifacts consisting of copper, stone, marble, scroll work, and wood.

The business meeting followed. Those present were: Ruth Ann Bartels, Mary Ann Cochran, Lois Holsinger, Bunn Holtzman, Jeanne Johnson, Catherine Schnipper, Connie Strotheide, Ruth Seymour, Verna Stuart, Betty Harmon, Dorothy Davis and Hannah Kleinschmidt.

District V member garden clubs meet

All 15 clubs of District V Garden Clubs were represented at the district meeting, held Saturday, March 23 at Holiday Shores Clubhouse near Edwardsville.

An overall attendance of 81 members were from Cahokia, Alton, Collinsville, Fairview Heights, Edwardsville, Fairview Heights, Garden Study, Green Oaks, Holiday Shores, Lakeview, Mascoutah, St. Clair County, Shiloh Valley, Trenton, Tumblweeds and Wood River garden clubs.

Holiday Shores was the hostess club, with Marge Doelger, president, giving the welcoming address. Bel Haislar, director of the district, gave the response. Trish Haislar, director of District V, presided over the meeting.

Each club president and committee chairman reported on the highlights of their activities for the year. Peg Zeller, youth activities chairman, reported on the successful year of entries in the Smokeless Tobacco Contest. 212 entries received and 134 submitted to receive awards at the district level.

Marian Nelson, awards chairman, and her committee judge the club's year books and history books and gave the following

Pack 103 meets for Blue and Gold

Holy Family School Cub Pack 103 held its annual Blue and Gold Banquet on March 5 at the Community Center, with the Webelos Den 2 providing the opening flag ceremony.

Cubmaster Jim Schmitz welcomed the boys, their families and special guests. The Rev. William Fishkeller gave a prayer prior to the dinner.

After dinner, Wolf Den 1 lead everyone in a sing-along. Dittman introduced all leaders, committee members and special guests: Sister Mary Angelina, Michael Holbrook, Daniel Luebke, Marge Doelger, Mary Stanley, the Revs. Fishkeller, Casimir Kicman and Thomas Wise; and Pat Foote, Barbara Isbrecht, Marge Pennell, Mary Marti, Diane Seitz, and Ron and Gertrude Lubben.

Many Area Cupids explored the training members' requirements and talked about upcoming Cub Scout day camp and resident camp.

Webelos Den 2 and Bear Den 3 provided skits.

Webelos leaders Dale and Karen Mangiaracino, no presented awards to: Compass Emblem, Michael Holbrook, Daniel Luebke, Kris Mangiaracino and Buddy Prazman. Other advancements were: Dittman, Family Member and Scholar Activity badges and 1 Compass Point; Halbrook, Citizen and Sportsman Activity badges; Lusic, Citizen Activity badge; Manbadges: Lusic, Citizen Activity badge; Manbadges: Lusic, Creative Communicator and Showman Activity badges and 1 Compass Point; Prazman, Citizen and Handyman Activity badges.

Webelos Den 4 leader Tony Boyer presented the Engineer Activity Badge to Sean Boyer, Greg Edwards, Shannon Gibson, Robert Lampitt, Anna Gney and Robert Paskowitz.

Bear Den 3 leaders Roger and Marlene Brueckman presented Bear badges to Bonnie Brueckman, Tim Dittman, Aaron Hayes, Neil Podnar and Adam Sanchez. Gold Arrow pins were given to Brueckman, Hayes, Podnar and Chris Sanchez. Dittman also received two Silver Arrow points. Instant Recognition beads were presented to Brueckman, three; Dittman, one; Hayes, four; Podnar, three; and Sanchez, three.

Sports Bell loops were presented to Brueckman, Hayes, Podnar, Sanchez and

Deceased members of the district.

The following officers were installed by Marian Nelson for the coming year: Haislar, director; Halford, vice director; Bailey Wieland, recording secretary; Marion Cadwallader, corresponding secretary; LaVerne Stein, treasurer; and Mary Ellen Linsley, historian.

For the program "Designing Women," artistic designs were created by Ruth Buesch, Lavanda Hines, Lil Heberer, Virginia Kaufhold, Tina Chiu and Haislar.

The following awards were given for horticulture displayed:

Sumpter for baseball, bicycling, physical fitness and soccer. In addition, Sumpter received ribbons in boy's swimming and table tennis. Dittman received them in archery, bowling, marbles, swimming, table tennis and tennis. Hayes received belt loops in bowling, swimming, table tennis and volleyball. Podnar received them in marbles and swimming. Sumpter received belt loops for bowling, marbles, swimming and table

tennis. Wolf Den 1 assistant leader Mary Ellen Boyer presented the Bobcat Badge to Bobby Boslett; The Wolfe Crest Badge to Daniel Luebke; Boy Scout rank advancement to Bobby Boslett, Greg Boyer, Gerald Jackson and Geoffrey Edwards.

Cub Master Dittman then presented Pinewood Derby ribbons to Ron Lubben, Pat Foote and Barbara Isbrecht for participation as judges at the Pack Pinewood Derby.

Lubben, Foote and Isbrecht then presented participation certificates to Boslett, Boyer, Danny Dixon, Edwards, Darrin Gibson, Jackson, Arthur Miller Jr., Dan Brueckman, Tim Dittman, Hayes, Podnar, Sanchez, Chris Sumpter, Greg Edwards, Shannon Gibson, Lampitt, Oney, Paskowitz, Dittman, Lusic, Mangiaracino, Aaron Meiers and Prazman.

First-place winners in the Pack Derby were presented with Gold Medals. First-place winners were: Den 1, Boslett; Den 2, Mari Dittman; Den 3, Tim Dittman; Den 4, Greg Edwards; Second-place winners receiving Silver medals were: Den 1, Greg Boyer; Den 2, Holbrook; Den 3, Hayes; and Den 4, Oney. Third-place winners receiving Bronze medals were: Den 1, Jackson; Den 2, Meyer; Den 3, Podnar; and Den 4, Lampitt.

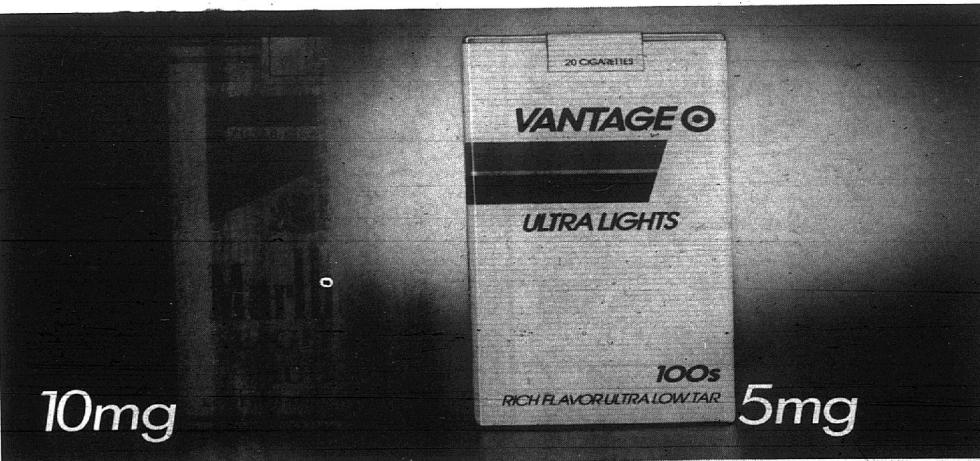
Participation certificates for the District Pinewood Derby were presented to Boslett, Boyer, Jackson, Tim Dittman, Mark Dittman, Sanchez, Paskowitz, Oney, Lampitt, Hayes, Holbrook, and Lusic.

Special awards were given to Dan Lusic, Rita Holbrook, Jim Seitz and Diane Seitz for their support of the Scouting program.

Marge Doelger, one blue; Susan Proper, two blue, one red; Pat Cerantano, three blue, one red; Bernice Gney, one blue, yellow; D. Fontana, two blue, two red; D. Schmitz, one blue, one yellow; Heberer, one blue; Stein, one blue, one red; Alice Coffman, one blue, one yellow; Anna Hines, one blue, one red; Lena Bierman, one blue, one red; Stacy K.

STUDY has an
Griegsby
left
Stacy K.

THE HALF TAR ADVANTAGE

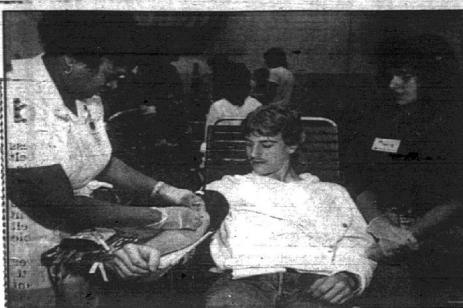


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THE GIFT OF LIFE: Danny Weathers, a junior at Granite City High School, pictured in center, is assisted by Cassandra Liggins of the American Red Cross as he donates blood during a recent blood drive at the school. Tracie Greco, at right, Amy Aud and Jim Hankins served as chairmen for the event. The group collected 218 units of blood, surpassing its goal of 200. Pizza was furnished by Domino's Pizza.



STUDENTS OF THE MONTH: Principal Pat Schuman has announced the students of the month for March at Grigsby Middle School. Pictured in the front row from left are seventh-graders Mark Winfield and Nicole Parker. In the back row from left are eighth-graders Charles Spratt and Stacy Ahlers.



ROBERT PACHECO of Granite City shows some of his tribal attire and artifacts to students at the Venice-Lincoln Technical Center.

Student shares Shoshoni Indian treasures at VLTC

Students and faculty of the Venice-Lincoln Technical Center recently got an unusual treat in the form of Robert Pacheco, a full-blooded Shoshoni Indian currently enrolled at the school.

Pacheco, a Granite City boy, has several of his tribal Indian artifacts to a reading literature class taught by Dr. Alice Purdes.

Among the family heirlooms were a feathered headdress and ceremonial bundle that particularly excited the preschool children attending. The children also admired a prayer flute and beaded ceremonial attire.

Another student, both young and old, was fascinated with a small "toy" cradleboard with accompanying baby (papoose).

Pacheco also showed jewelry of the Southwest, including turquoise and silver, and male Indian ceremonial garb including beaded deer skin moccasins, belt and beaded buckle, beaded arm bands and matching necklace and

wrist bands.

Other family treasures Pacheco shared were four embroidered shawls and a beaded purse which are more than 100 years old. They had been handed down for generations from Pacheco's grandmother to mother to aunt to his daughter, Alisa.

A necklace made of an eagle's talons was as beautiful as it was strong, students commented. The eagle talons, which are talons and strong bones, were used to grasp animals which the eagle ate; they now hang silently around Pacheco's neck, beaded in ceremonial attire.

Purdes was pleased by Pacheco's willingness to share the items something she said Indians rarely do.

"Fortunately for us, Robert was 'brave' enough to share his Indian heritage with all concerned, leaving a lasting impression on everyone," Purdes said.

Dean's list at university

Southern Illinois University at Edwardsville had 898 students qualifying for the Dean's List for the winter quarter.

To qualify, a student must maintain a grade point average of 3.5 or better and have 12 hours calculated (B is equivalent to 4.0, A to 5.0).

Students qualifying are named below by hometown:

Edwardsville—Priscilla Lynn Brown and Penelope Hayes.

Granite City—Steven Akeman, Laura Andrews, Kimberly Asbeck, Elizabeth Barr, Trudy Baxter, Christine Blehm, Michael Bowens, Larry Burns Jr., Gregory Campos, Karen Cornett, Carolyn Cramer, Terry Daniels, Daren Depew, Kevin Doak, Deborah Epperson, Carolyn Frischel.

Pamela Giesen, Barry Grote, Annmarie Guzy, Jennifer Hargrave, Lisa Heater, Ronald Holt Jr., David Hope, Kathy Hunt, Timothy Hutchison, Laura Jameson, Daniel Jones, Kimberly Joyce, Laura Kaplan, Coreada Kelly, Maria Longos, Julie Macios, Paul Macios, Melanie Mitzel, Michael Mitzel, Timothy Moran, James Moulton, Kim Myracle, Katherine Kopeulos Presley, Patricia Purcell, Kari Rapoff, Diana Ryan, Eric Rymer, Debra Saylor, Daniel Smith, Cynthia Spangler, Richard Stima, Betty Supp, Patricia Thomas, Todd Todaro, Robin Walker, Burlie Williams and Kelly Williams.



(BAC photo by John Swistak Jr.)

A BIG SPLASH: Chris Duckworth (standing), a senior at Granite City High School, tosses a bucket of confetti "water" on Jason Henderson (left), a junior at Roxana High School, Tammy Franklin (center), a sophomore at Roxana and Danny Burris, a freshman at Granite City High. The students were taking part in an exercise during the workshop "Feeling Good About Yourself," part of the Teens 'N' Tact leadership conference at the Granite City Campus of Belleville Area College. Yvonne Klosterman (far left), assistant program supervisor of Coordinated Youth Services, led the workshop.

Speech meet announced

High school juniors and seniors are invited to enter the southern Illinois regional competition of the National Pro-Life Oratorical Contest, sponsored by the 21st Congressional District of the Illinois Federation for the Right to Life.

Contestants will research and present a five- to seven-minute speech on one of the following topics: "The Tragedy of Abortion," "The Tragedy of Infanticide," or "The Tragedy of Euthanasia."

The regional competition will be held Friday, May 5, at Met-East Lutheran High School in Edwardsville. The state finals will be held in the Capitol Building in Springfield on May 20.

The Illinois finalist will receive a three-day all-expense paid trip to Minneapolis the weekend of June 30-July 2 to participate in the national competition. The national winner receives \$2,500.

Contest information and applications are available by calling Jane Vanderson at 238-7995. The District Federation for the Right to Life has a completed application and a copy of the speech no later than April 28.

The 21st District of IFRL is coordinating the Chicago regional competition in conjunction with Illinois Citizens for Life, Downers Grove, the state competition sponsor. The national contest is now in its sixth year.



Julie Hellrich
Earns Sibley scholarship

Julie Hellrich, a senior at Granite City High School, has accepted a Sibley Scholarship to attend Lindenwood College, St. Charles, Mo., this fall.

Hellrich earned the scholarship through her participation in the college's annual Guy C. Motley scholarship program held Feb. 4 at the campus.

The daughter of James and Joyce Hellrich, she plans to continue her education and teaching high school mathematics.

Hellrich has been recognized as an Illinois State Scholar. A two-year member of the National Honor Society, she is a past vice president of the student council and belongs to the National Honor Society, science club, homecoming court and Citizens Advisory Council.

Alternative school workshop held

Thirteen representatives of Coordinated Youth Services in Granite City attended the 1989 Community 'N' Tact Conference held in Springfield, Ill.

The annual three-day event is sponsored by the Illinois Alternative Education Association in conjunction with the Illinois Community Action Association and the Illinois Community Development Society.

Several successful citizen involvement projects from cities in Illinois were reviewed.

Donna Daisy, CYS executive director and a vice-president of Illinois Alternative Education Association, presented an award of appreciation to Bull McClard

of the Illinois State Board of Education for his service to alternative education.

In addition, state officers for the Illinois Alternative Education Association were elected.

They are Henry Landi, president; Ken Gavilsky, secretary, and Vince Mitchell, treasurer.

Other CYS staff members attending were Yvonne Klostermann, Vicki Garrison, Donna January, Ralph Parker, Tom Grayson of the Illinois State Board of Education, Office for Dissemination of Information, and a representative of the Illinois Alternative Education Association.

Other CYS staff members attending were Yvonne Klostermann, Vicki Garrison, Donna January, Ralph Parker, Tom Grayson, Tom McClard, and Lois Kopp.

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P185/75R-14	4 FOR \$17500
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P225/75R-14	
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P175/80B-13	
P185/75B-14	4 FOR \$14500
P195/75B-14	
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P215/75B-14	
P225/75B-15	4 FOR \$16500
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Apprentice recruiting in Venice

The Madison County Urban League will recruit applicants for carpenter and cement mason apprenticeship training programs Wednesday, April 12, at the Madison County Center, Brown and Klein streets, from 9:30 a.m. to 2 p.m.

Applicants will be referred to the appropriate unions for registration.

Additionally, the League will sponsor informational sessions designed to help candidates refresh skills such as mathematics and related subjects so as to be prepared for trades examinations.

Applicants must be at least 18 years of age, high school graduate or the equivalent, and reside in Madison County, a spokesman said.

Road rules class planned April 19

Secretary of State Jim Edgar, in cooperation with the Granite City Council of Senior Citizens, is offering a Rules of the Road review course April 19 for all citizens in the Granite City area.

The purpose of the course is to help applicants pass the Illinois Drivers License renewal examination.

It updates drivers on current rules of the road, explains the vision and driving ability examinations and prepares applicants for the general written and road sign examination.

The course will be held at the Granite City Township Building, 2600 Delmar Ave., on Wednesday, April 19, from 6 to 8 p.m.

The course is free to everyone, anyone who wishes to attend, said Clyde Myers, 874-3981.

Genovese guests in new TV series

Mike Genovese, a 1960 graduate of Granite City High School, will be the guest star on the April 28 episode of "Quantum Leap," a new series on NBC network television.

Genovese will appear in the role of Gene Frascati. The series is telecast locally on KSDK Channel 5 at 8 p.m. Fridays, according to Elaine Dunson of KSDK Weather.

Genovese is currently working on a new pilot film, titled "Surf and Protect," and will start work on a new Eddie Murphy movie when the pilot is completed, Dunson said.

Sewing volunteer sought by RSVP

Belleville Area College's Retired Senior Volunteer Program (RSVP) is looking for a seamstress willing to volunteer her services one a week at OATH (Organization for Advancement of the Handicapped) in Madison. Those interested may call the RSVP office at 876-3223.

Thompson invites Europeans to Chicago

Gov. James Thompson last week unveiled "Chicago: The American Renaissance," the first phase of an unprecedented program designed to foster better understanding among European leaders about Chicago's attractions.

The \$1.5 million advertising campaign, administered by the Illinois office of Tourism, includes 42 full-page advertisements that appeared last week in the European edition of *Time* and *Newsweek* magazines. The advertisements are designed to attract tourists to appeal to European tourists as they plan their summer holidays. Thompson hopes Chicago will become the first stop for those tourists traveling to the United States.

Kids Conservation will get free trees

The Department of Conservation has sent out letters of invitation to members of the Kids for Conservation club for its first statewide event.

For conservation members are being asked to participate in Illinois' Keep America Beautiful Litter Pickup and Arbor Day celebrations being held throughout the state this month. Participants will receive bald cypress, hazelnut or American plum tree seedlings. Children who are not members are invited to attend events to sign up.

Area activities include: Belleville Proud Partners, from 2:30 to 5 p.m. April 22 at the Belleville College, 2500 Carlyle Ave., 224-1000, Ext. 588; and Make East St. Louis Beautiful, from 9 to 11 a.m. April 22 at the East St. Louis Beautiful Office, 301 E. Broadway, 874-5602.

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1999
AFTER REBATE

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CENTRAL HARDWARE

The senior citizen

April 12, 1989—GRANITE CITY JOURNAL

Open house celebrates birthday

Catherine M. "Kate" Smith of Granite City celebrated her 87th birthday at an open house on March 25. Margaret Rooney, also of Granite City, was the hostess.

Doris was served to Jean Tolson, the honoree's sister; to her nieces, Georgia Richards, Jo Ann Kubil and husband, John, Barbara Valencia and husband, Tony Lyndy; Vicki Pyatt and friend, Tony Knott; and Mary Marano, Nellie, to her nephew, Russell Nunn, his wife, Billie; to her great-nieces, Vicki Stich and husband; and to her great-great-niece, Joann Rooney.

Also attending were her friends, Ginny Roberts; Margaret Amish and family; Maxine and Howard Carson; Allen Leppert and wife; and Kathie Scaturo; Anna Mae and Danny Wofford; Fred and Edna Stich; Denise and Mel Wright; Sister Mary Louise of Hospital; Barbara Miller; Gail, a Champion; Mary Cambronne and daughter; and Mrs. Rooney's husband, Kevin, and children.

She received many gifts, flowers and cards. At the event was videotaped by Nicholas Rooney, the hostess' son.

Alzheimer's battle has champions

U.S. corporations donated more than \$4.6 billion to charity last year — an amount greater than the gross national products of 70 countries.

While this might seem like small change compared to the \$450 billion or so the federal government will spend on health, education, housing and welfare in the current fiscal year, private-sector funding can't be measured in dollars alone. It provides something the government can't: freedom.

The federal government will spend \$1.6 billion on biomedical research this year, funding the National Institutes of Health (NIH) and other government research centers and providing grants to hospitals and universities.

But federal funding comes with strings attached. Private grants often don't. And this can make a very big difference.

That's why scientists call "The Eureka! Factor." Ideas are often the seeds of discovery. Government grants, replete with myriad forms, strict reporting and demands, do not inspire creativity. They place grants under intense pressure to produce something to satisfy their benefactors. This diverts valuable time from research and, worse, has occasionally prompted the fudging of data.

Unrestricted grants, however, allow researchers to explore blind alleys, play hunches and engage in speculative thinking that leads to major breakthroughs without the threat of accountants and timekeepers second-guessing them.

How important is this? Consider Alzheimer's, which affects an estimated 7 percent of the over-65 population, about 2.5 million Americans. It's the fourth-leading cause of death, second only to heart disease, stroke and cancer, claiming some 120,000 lives. The Harvard Medical School Health Letter recently noted, barring changes, the increased elderly population will result in a 100 percent increase in the number of Alzheimer's patients by the year 2030.

Unlike AIDS, heart attacks, and even cancer, Alzheimer's brings no prolonged disease. Typically, it's over in 10 years. Eventually, most victims require 24-hour-a-day care, often in nursing homes, costing \$30,000 to 40,000 per year, or more in more metropolitan areas. Families can be bankrupted by the expenses.

According to the Alzheimer's Association, some \$40 to \$50 billion is spent each year in care and support. Patients and factor-in even modest inflation, and the cost could easily top \$100 billion by

early in the next century. This doesn't include the costs of family members taking time off from the workforce to care for loved ones, nor other indirect costs, estimated in a 1987 NIH report at an additional \$39 billion. Discovering Alzheimer's sooner is not only an important medical matter, it's also an economic one.

The disease is a mystery. Scientists don't know the cause, and they don't have a cure. Thank goodness they keep searching.

The federal government provides only modest funding for Alzheimer's research. It is, however, a leader in research, as is made clear from private-sector action.

The battle against Alzheimer's has champions. Bristol-Myers Co., for example, has given more than \$2.5 million in medical research grants during the past decade, and last year made a five-year financial commitment of \$2.5 million to neurosciences research. Among those to whom Bristol-Myers has provided aid are the University of California (UC), San Diego, researchers who are looking at regrowing damaged nerves and controlling neurological disorders by implanting genetically engineered brain cells.

In diseases such as Alzheimer's and Parkinson's, certain brain cells stop working proper-

ly. To treat Parkinson's, wherein the brain loses its ability to make a "neurotransmitter" called dopamine, UC researchers are hoping surgeons will someday be able to take tissue from patients' bodies, genetically manipulate them so they manufacture dopamine, then implant them in the brain, where they would manufacture the chemicals needed for the brain to function.

The UC team has had some notable success with aged rats with learning and memory impairments similar to those found in Alzheimer's patients.

Corporate grant-makers can't compete dollar for dollar with government, but they offer something government can't: individual freedom. And the history of medical research shows, it's from these "little acorns that tall oaks grow."

Corp.'s foundation is a key supporter of the Philadelphia area's poison control center. The Adolph Coors Co. purchases equipment for the Colorado Optics Center to treat the area's poor. And the Alcoa Foundation is helping to determine the degree to which specially designed adult day-care can help seniors institutionalize Alzheimer's patients.

Corporate grant-makers can't compete dollar for dollar with government, but they offer something government can't: individual freedom. And the history of medical research shows, it's from these "little acorns that tall oaks grow."

The author is Willa Ann Johnson, president of the Capital Research Center, a Washington-based research group that monitors philanthropy in America.

Unless you're over age 70, file a Social Security report

By Bill Hunot
Social Security Administration

Following are frequent questions posed of the Social Security Administration.

Q. I drew Social Security benefits last year. I have filed my income tax return, but do I have to report my earnings to Social Security, too?

A. Unless you were fully retired in 1988 or over age 70, you must file a report to file a report with Social Security in addition to filing your tax return with the IRS.

For Social Security purposes, persons who are retired and may draw all of their checks for the year if they earn less than certain limits. In 1988, recipients under age 65 could earn no more than \$1,120 and still receive full Social Security. Those age 65 or older could earn no more than \$8,400. If more than those amounts is earned, payments are reduced by \$1 for every \$2 that is earned over the limit.

All who received Social Security benefits during 1988 and earned over their limit must make a report of their exact earnings by April 17. If needed, adjustments are made to reconcile any underpayment or overpayment.

Q. I have heard that Social Security wants everyone to send in their benefit estimate. Why should I? I'm years away from retirement.

A. It's never too soon to start planning for retirement. By

starting your retirement planning now, you have a realistic idea of what you can expect from Social Security. And you will have time to consider saving and investing to supplement your Social Security benefits. Social Security does not replace all of the earnings you lose when you retire.

To get an estimate of your future Social Security benefits call Social Security at 1-800-245-7700 or ask for Form SSA-7004.

Q. I got something in the mail the other day that says people born in the years 1917 to 1921 get lower Social Security benefits. Why is that? My neighbor says it's because of "the notch."

A. The notch refers to the difference in benefit levels due to changes in law in 1972. Everyone born after 1916 is affected by the notch not just people born in 1917 to 1921 or people born 1917 to 1921 as many people mistakenly believe. The automatic cost-of-living adjustments began for Social Security recipients. Because of a

law in the way the adjustments were made, the cost of living adjustments were overcompensating for inflation, and benefits were growing at a much faster rate than anticipated.

In 1972 Congress created the "notch." The result was a change in benefit calculations that result in lower benefits than under the old, flawed system of calculation.

Q. I have been to a chiropractor for years for a back problem. Now I am on Medicare. Will Medicare help pay for chiropractic treatment?

A. The only chiropractic treatment covered by Medicare is manual manipulation of the spine. There is no substantiation that can be demonstrated by X-ray. I'm sure your chiropractor would know what that means.

Send your questions about Social Security to Bill Hunot, St. Louis News, Section 212, Fern Ridge Parkway, Suite 108, St. Louis, Mo. 63141.

NOTICE

The following error occurred in the April 1989 newspaper insert. The Ben-
chmark, Taken for Granted, was
published at this time. We regret any
inconvenience this may have caused
our customers.

Information contained in
your memory book
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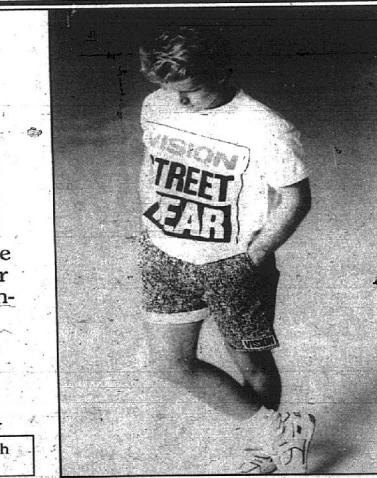
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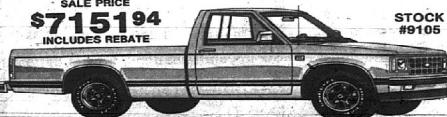
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Pets



Owners giving problems

Living with people has caused many pets to suffer from the same problems their owners. Pets do not need a lot of exercise but they do need consistent exercise. Like people, pets can't sit around for days and then get out and exercise vigorously without effect.

More and more pets are suffering from the effects of overeating and inactivity. Heart disease, arthritis, obesity and shortened life spans are seen in many pets. As with people, infectious diseases are being controlled but lifestyle diseases are taking their places.

Take time to check your pet and decide if it is overweight. If it looks fat, it is. That's simple enough. In some heavily coated coats it may not be noticed. Your hands should tell you quickly enough. If you can't feel the ribs easily, the dog is fat. Ribs should not be sticking out. You should be able to feel them. A dog with ideal weight may look thin to most people. However, cats of proper weight may have a natural "sag" under the abdominal region.

If you have any doubt as to the condition of your pet, your veterinarian can tell you — probably over the phone if your pet has been seen recently. A good groomer can tell you if a pet is overweight and may even point it out unasked.

An obese pet will benefit greatly if the following steps are taken. Realize that the first step is to take it one step at a time to avoid a drastic change in the lifestyle of the pet or the indulgent owner.

The first step is to stop adding fat and carbohydrates to the pet's regular feedings. Gravy, drippings, leftovers and the like should not be mixed in with the regular food.

The second step is to eliminate between-meal feedings. Fatty bones, dog biscuits, or any other tidbits should not be given between meals.

Thirdly, cut back the daily amount fed by one-half or two-thirds the original amount. This should be done slowly to allow the pet to adjust to the change without stress.

This would be a good time to take a good look at what is being fed to the pet. Like many human foods, a lot of pet foods contain excess sugar. This is particularly true of the semi-moist foods.

With the diet is under control, one can think about exercise. Pets have to start slowly with this, just like people. A short, brisk walk a few days a week will benefit most dogs and their owners. Do not try to force an out-of-condition pet to exercise too much.

When planning an exercise routine, take into consideration the size and type of dog as well as its age. A young collie and an elderly dachshund cannot be expected to exercise the same amount.

Dogs are not fond of long walks but can be exercised by using their hunting instincts. A tail of fake fur on a string will get them on the move. Cats should be exercised as often as possible. This is the time they tend to be most active and responsive.

I take a little effort to get a pet in shape. However, it is worth the effort and can be one more activity shared by the pet and owner.

Water firm service now 24 hours long

Effective April 1, Illinois-American Water Company expanded its customer service department to a 24-hour-a-day operation for its customers.

Customers in the Granite City area will be able to call the 24-hour Hotline, a toll-free telephone number, 1-800-222-1000 to interact with customer service personnel, inquire about a bill or payment, initiate or terminate a service, or inquire about any aspect of their water service.

The 24-hour Hotline will also handle any emergency or after-hour calls.

Expansion of service is the second phase of Illinois-American Water Company's program to improve and centralize customer service in Illinois.

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CENTRAL HARDWARE

Diving event to raise Dream Factory funds

The Bubblebathers Dive Club based in Granite City, will hold a 24-hour Dive-a-Thon at the Alton YWCA to benefit the Dream Factory of St. Louis.

Scuba and skin divers, swimmers and anybody else interested are invited to participate. The event will be held from noon Saturday, April 29, to noon that Sunday.

The Dream Factory is one of 32 chapters of an organization that grants the wishes of seriously ill children between the ages of 3 and 13.

Volunteers are being asked to sponsor themselves or get spon-

sors who will donate money for each hour spent in the pool and/or each lap swum. Donations are tax-deductible.

Only certified divers will be allowed to participate in self-contained underwater breathing apparatus events, but instructors will be on hand to instruct novices for a small donation.

An auction is also planned, and refreshments will be supplied.

For more information, the phone numbers are 465-7774 or 931-6275.

Legislation seeks to keep hospitals open

WASHINGTON — U.S. Sen. Paul Simon is sponsoring legislation to prevent more hospitals from closing the way White Hall Hospital in Greene County did last year.

The bill is sponsored by 160 senators and representatives from both parties. Simon is chief sponsor of the bill.

Simon said White Hall was among 300 hospitals that closed in Illinois since 1980.

"It's not just 32 hospitals in Illinois; it's where they are closing in rural, poor areas. They're closing in urban, poor areas. It's the people that are affected, the elderly, the poor," Simon said.

Illinois ranked fourth in the nation in hospital closings, according to figures released by Simon.

"There is no question that lack of Medicare funding closed

hospitals in Illinois as well as other states," Simon said.

The bill would enact a one-year reprieve in Medicare budget cuts that have led to hospital closings in the last five years since 1982, according to Sen. Nancy Kassebaum, R-Kan.

"Small, rural hospitals have been particularly hard hit," she said.

Cuts in Medicare have been discussed as a means of cutting the federal budget deficit.

Medicare payments to the books will plunge hundreds of hospitals more deeply into the red this year, stepping up the pace of hospital closures and threatening the availability of care to seniors and the poor, said Dave Carle, a spokesman for Simon.

"And there is no question we're going to see more hospital closures in Illinois," said Simon.

Club seeks civic project

A new civic project is being sought by members of the Garden Study Club of Granite City, according to President Mary Stomum.

Shrubs and trees may be planted in members' only or property owned by non-profit organizations, she explained.

The club planted at the Main Fire Station in the 2300 block of Madison Avenue and continues to maintain flower beds at the

Pontoon Beach Senior Citizen Center and Old Six-Mile Historical Museum.

Only one new project can be accepted this season by the garden club, Stomum said.

Persons wishing to have a spring planting project considered by the club are asked to call 931-3877 before April 28.

A vote will be taken on May 3 to determine which project to sponsor this year, Stomum said.

Application process streamlined to receive FMHA drought aid

For Madison and St. Clair counties farmers who might be eligible for a drought loan, the wait and size of because of the amount of paperwork involved, an abbreviated and streamlined application process has been adopted by the local FMHA (Farmers Home Administration) office.

"The deadline for applying for this year is April 17," said Gary Mersinger, county supervisor for both counties.

"I'm not sure if we'll ever see such attractive loan terms again," Mersinger said of the 4.5 percent loan funds.

"It would be a shame if those who suffered a severe crop loss due to a drought last year did not find out if they qualify because of the paperwork."

Applications may be obtained at the Edwardsville office, located at 130-A Hillsboro Ave., or by calling 656-5477.

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Legislation decreases discrimination

By Ellen O'Brien

The Fair Housing Amendments Act of 1988, which took effect last year, represents a step toward stamping out housing discrimination nationwide, according to the National Association of Realtors.

The amendment, set to take effect Sept. 1, extends anti-discriminatory protection to the disabled and families with children, and strengthens the enforcement authority of the U.S. Department of Housing and Urban Development (HUD) — the government branch charged with administering federal fair housing laws.

The stronger amendment was long overdue, as was a quicker process for hearing fair housing complaints. Under the fair housing law enacted in 1968, HUD had no authority to pursue fair housing complaints, resulting in the department's conciliation efforts failed. Further recourse was left solely to the aggrieved party.

Now, HUD is authorized to bring fair housing complaints before its own administrative law judge (ALJ). Or, HUD will refer complaints to the Department of Justice (DOJ), either the agency's own respondent, or HUD elects a trial in federal district court. An ALJ hearing must begin within 120 days after HUD files a claim. Or, if a jury trial is requested, HUD has to authorize civil action by DOJ within 30 days after the request.

Although NAR and civil rights groups supported a new system to expedite and strengthen enforcement of the fair housing law, NAR questioned the constitutionality of the ALJ process. The jury trial option was viewed as the compromise that brought NAR and the civil rights groups together in support of the 1988 act.

The full impact of the law's coverage for families with children and for the physically and mentally impaired cannot be assessed until the law has been in effect for some time. The protection for the handicapped includes specific design require-

ments for new multifamily dwellings available for first occupancy after March 13, 1991. Units in buildings with four or more units must be accessible and adaptable to wheelchair users, if the building has an elevator. In buildings with no elevators, only the ground floor units are covered by the construction requirements.

It will not be permissible to exclude the handicapped or families with children from units on upper floors of high-rise buildings based on the assertion that such dwellings pose significant health and safety risks. One result of the coverage extended to families with children is the end of "adult-only" communities designed to appeal

mainly to young, childless professionals.

The act does, however, exempt certain types of elderly housing projects from requiring access to families with children. Specifically, exempt projects are communities intended for elderly people, and solely occupied by residents age 55 or older. In addition, certain communities are those in which at least 80 percent of the units in a housing facility are occupied by at least one person age 65 or older, and which provide significant amenities and services designed to meet the needs of the elderly.

Under the 1988 act, people found guilty of violating fair housing laws could, in some cases, face stiff penalties in addition to liability for damages.

An ALJ would be able to award compensatory damages, injunctive and other equitable relief to the aggrieved party, as well as civil penalties ranging from \$10,000 to \$50,000. In injury cases, the courts could grant compensatory and punitive damages, as well as temporary injunctions and other orders for affirmative action.

The 1988 amendments act also strengthened the remedies provided by the 1968 law for fair housing violations, removing a \$1,000 cap on punitive damages awarded in court cases brought by private individuals. Civil penalties ranging from \$50,000 to \$100,000 could be imposed.

NAR will continue to seek legislation prohibiting the use of race-conscious methods to achieve or maintain a certain level of integration. Integration measures, placed in some localities, actually deprive individuals who are otherwise qualified from renting or buying a unit if they are not of the race necessary to sustain the racial mix sought.

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National study of drug use shows low St. Louis level

By Craig A. Martin
Staff affiliate

St. Louis has a lower level of drug use than most other major American cities, according to recent results of an ongoing study being done cooperatively by city police and the National Institute of Justice.

The study, the Drug Use Forecasting program, is being conducted by the 25 largest U.S. cities in an involved voluntary testing of people arrested for misdemeanors and felonies and excludes those arrested for traffic offenses.

St. Louis ranked in the bottom three cities in marijuana use and was in the lowest half of the cities in cocaine use, said Scott H. Decker, project supervisor for DUIF in St. Louis.

PCPs, a group of strong hallucinogens, were the only drug group in which St. Louis tested above the national average.

In the St. Louis portion of the study, men and women who were arrested during testing periods were interviewed and asked for urine samples prior to appearing in court.

In St. Louis, more than 90 percent of those interviewed provided a urine sample during the two separate testing periods, the first in October and the second in January.

St. Louis federal workers getting child care center

WASHINGTON — The federal General Services Administration will open a child-care center for federal workers in St. Louis in August 1990, GSA officials said in a statement the agency's acting administrator told Congress of his commitment to child care.

The 5,000-square-foot facility will be incorporated into the Robert A. Young building on South Tucker Street, said Jack Nesbitt of the GSA's Kansas City office. It will have the capacity to serve 100 children.

"I'm not sure exactly what it is costing to build," Nesbitt said. "It is part of the cost of renovating what is being done."

Nesbitt's remarks came after a congressional subcommittee hearing on Wednesday, where Acting GSA administrator Richard Austin said the commitment to child care for children of federal workers.

Rep. Cardiss Collins, an Illinois Democrat who chairs the committee on Government Operations subcommittee on

The sampling was structured so that no more than 20 percent of the men tested had been arrested on drug offenses. Because fewer women were arrested and the study sought a large sampling, results for women were used regardless of the charge.

Still, results showed that 64 percent of males and 57 percent of females tested positive for illegal drug use.

The results show that a large number of those who commit crimes do drugs," Decker said. "However, there is no way to tell from this study whether or not there is a causal link between drugs and crime."

Decker said the program is not designed to determine whether there is a link between drugs and crime, but only to extend drug testing to more people.

The study shows that the drug of choice in St. Louis is cocaine.

Of the males tested in January, 47 percent tested positive for cocaine use, and 44 percent of the females tested showed evidence of using the drug.

A quarter of the males tested in January tested positive for marijuana use, and tests showed 15 percent of females had used the drug.

"Cocaine replaced marijuana as the drug of choice sometime

in the early '80s," Decker said. "That trend holds true in most cities, except some cities on the West Coast where marijuana use is still high."

Cocaine is becoming more popular because marijuana is not as profitable, Decker said.

"First of all, I think it is a mistake to exclude the laws of supply and demand from the illicit drug market," he said.

"Marijuana has a lower profit margin, it is bulkier, and it is more difficult to detect."

One of the "ironies of enforcement" in the illicit drug market is that as more and more marijuana shipments are being seized, dealers and consumers are turning to cocaine because of its higher profits and easier concealment, he said.

"An amount of marijuana needed to make a \$1,000 profit, for example, would be much, much harder to hide than the small amount of cocaine that would take to turn the same profit. Who would you stop?"

The program will do another sampling in April and again every quarter for the next five years.

"I hope that after year or two we will begin to see some trends develop," Decker said. "Then the data can be really useful."

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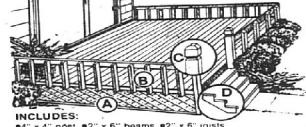
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Extra Medicaid to four area hospitals

"Although more hospital beds are going empty, the Illinois Department of Public Aid still plans to give another \$1 million to 38 hospitals with large percentages of Medicaid patients," Public Aid Director Susan S. Suter said April 4.

St. Mary's in East St. Louis will receive \$233,322, Centreville Township Hospital \$97,000, Gatewood Community of East St. Louis is \$76,031 and St. Anthony's of Alton \$48,215.

"Empty beds may be the most serious challenge facing the hospital industry in Illinois and across the country," Suter said. "Government and taxpayers cannot subsidize the cost of empty beds, which drain both the hospital industry and our resources."

"However, we do intend to provide substantial supplemental funds to the hospitals treating heavy shares of Medicaid patients," she said.

The department disburses federal and state money to hospitals providing care to Illinoisans receiving Medicaid.

The \$5 million in "disproportionate-share payments" is in addition to a total \$816 million

provided to hospitals by the department in fiscal year 1989.

"While there is a great need everywhere, we are keeping our commitment to help those hospitals," Suter said. "The problems of the hospital industry transcends our ability to pay for them."

"Inpatient days and lengths of stay are rising, the cost of medical technology is increasing, and insurers are reviewing payments more closely, leading to more empty beds," she said.

"Illinois Department of Public Health records and American Hospital Association data show that 27 percent of the 44,000 'staffed' hospital beds in Illinois are empty daily. And when 13,000 more beds are built, as we added, the empty bed percentage soars to 47 percent."

Suter said that in 1982, 32 percent of all hospital beds in the state were empty, a figure which rose to 45 percent by 1987.

"Our limited taxpayer dollars cannot insulate the industry from the unlimited challenges of a changing marketplace," Suter said. "Ultimately, the hospital industry must develop new efficiencies to help us out."

Child care tax credit available for parents

As April 15 draws near, the pitter-patter of tiny feet on the bare living room floor may remind harried parents of yet another tax deduction to be taken.

Parents who pay for child care can receive a break on federal income tax by claiming the dependent-care tax credit.

Sometimes called the "child credit" or "day-care credit," this assistance is the largest source of federal financial help for the care of children and elderly and disabled dependents.

The credit provides about \$3.1 billion a year to taxpayers. Families claiming the credit saved an average of \$737 on their taxes for 1988.

You can claim the dependent-care credit if you pay for someone to care for your child under age 15, or a spouse or dependent who is incapable of caring for himself or herself while you work or look for work.

Generally, if you are married, you can claim the credit for expenses incurred in order to enable both spouses to work or look for work, but there are special rules if one

spouse is disabled or a full-time student.

Family day-care at home, child care in a center, baby-sitters, after-school care, and nursery school fall into the child care category. If parents are divorced or separated, the parent with custody of the child most of the time may usually claim the credit.

Each year, expenses that qualify for the credit may total \$2,400 for one child or dependent who was cared for, or if two or more were cared for, up to \$4,800. Expenses cannot exceed the lower-earning spouse's earned income.

This overview of the dependent-care credit is necessarily incomplete and does not constitute tax advice or legal representation, an Internal Revenue Service spokesman said.

For more complete details on the dependent-care credit, tax forms and publications are available by calling the IRS toll free at 1-800-424-3676.

Hartigan recovers funds

Mothers Against Drunk Driving (MADD) in Illinois announced that Attorney General Neil F. Hartigan has successfully recovered \$12,591 from fraudulent fund raisers.

As a result of his legal actions, MADD was presented

with checks totaling the full amount of funds solicited by individuals who were using the organization's name without authorization. The solicitations occurred last September in the Rockford area, Hartigan said.

Direct deposit offers ease, safety for Social Security

Many people who receive Social Security or supplemental security income (SSI) benefits are not home waiting for the mailman when their checks are delivered. They are visiting, vacationing, taking care of business, or doing whatever else they want to do.

Why? Because they have direct deposit.

In other words, they have their checks deposited into their checking or savings account at their bank, credit union, or other financial institution.

The following questions and answers about direct deposit were prepared by Oliver M. Holmes, district manager of the East St. Louis Social Security Office.

Q. I receive a widow's monthly Social Security check and am concerned about safety. I am thinking about switching over to direct deposit. If I do this, how will I find out about other things, like Medicare?

A. Even if you have your check deposited directly in your savings or checking account, you will still receive other correspondence from Social Security at your mailing address.

When you receive your payments from Social Security, direct deposit is the best way for you to qualify for your current address to ensure that you get the latest notices from us with our delay. **

Q. I will be filing for Social Security retirement benefits next month and I want my Social

Security checks to be direct deposited into my checking account at the bank. My neighbor tells me I have to receive my first check at home and then I can have them changed to go to the bank. Is this true?

No. Your first check can be sent to your bank without any problems. When you file with us, you will need to have available a check or bank statement in order for us to have your checking account number and the bank's routing number. **

Q. My aunt receives SSI checks. This morning she called me in a panic and said she had misplaced her check and now does not have money to pay her monthly bills. What should she do?

A. She should contact the Social Security office and report having misplaced her check. Social Security will process information about the check and a replacement check will be mailed to her.

If she later finds the missing check, she must return the original one immediately to Social Security.

This could be a good time to discuss direct deposit with her. With direct deposit, her checks will be electronically deposited in her checking or savings account, a much safer way to receive her payments. **

For more information about direct deposit, readers may call 1-462-9430.

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Convention center may trigger hotel boom

By Roger McGrath
Staff affiliate

St. Louis area hotel room rates and occupancy rates are so low to attract the interest of big hotel chains to downtown sites, hospitality officials say.

But that stance could change by mid-June when the expanded Cervantes Convention Center opens, they add, and the ripple effect could reach miles beyond the downtown area.

"With the announcement of the convention center, we've seen some renewed interest in a hotel downtown," says Dennis Coleman, executive director of the Economic Development Corp. of the City of St. Louis.

The city's most pressing need is an 800- to 1,000-room "convention" hotel within a block of the expanded convention center, officials say.

A feasibility study conducted several years ago estimated St. Louis needed up to 1,500 more hotel rooms to accommodate the conventioneers the larger center will attract, says a convention center director Bruce Sommer.

Hotels in St. Louis County and Illinois would benefit from St. Louis' being able to attract bigger conventions, too.

"The whole ripple effect moving all the way out," sometimes as far as St. Charles, observes Greg Vatterott, president of Charles Vatterott & Co., operating three hotels.

The \$80 million expansion effectively would double the convention center's size, pushing it south to Washington Avenue between Seventh and Ninth streets.

More importantly, the buildings would have two entrances and lobbies, meaning two separate conventions could be held at the same time, says Mike Garvin, general manager of the Missouri Athletic Club and former general manager of the Radisson Hotel St. Louis.

"It's where the benefit would come from," he says.

Garvin explains that it takes

two days or so to set up the booths and exhibits, and then another two days or so to tear them down after a convention concludes. That's a week's worth of "down time" for hoteliers; conventions will fill their rooms for just the three or four days of the convention itself.

The enlarged convention center could house one convention at a time, Garvin says, thus eliminating some of the "down time" and increasing the demand for hotel rooms, Garvin says.

"There are a number of groups that have outgrown our exhibit space and anxiously await the expansion," says Terry Tumbrink, of the Convention and Visitors Bureau.

Increased demand would boost downtown's occupancy rate from last year's 64 percent, industry officials say. Downtown has about 5,500 rooms.

"When demand increases, rates start creeping up," says Sheldon Holzman, managing partner of the St. Louis office of Avantothol & Horwath, an accounting firm.

St. Louis' low hotel rates are, in part, self-imposed, says a senior official of Pannell Kerr Forster, another accounting firm. Most of the hospitality industry's hotels are locally owned. The owners worry about competitors, so they don't boost rates.

For example, the Adam's Mark Hotel's average nightly rate of about \$85 is "about \$15 less than it should be," one

expert says. "Rooms at downtown's top hotel should fetch \$100 a night, month in, month out," he says.

St. Louis' hoteliers' timid pricing will get a test when Hyatt Corp. assumes management of the 500-room Hyatt Regency St. Louis probably will be more aggressive on pricing than the current manager, Omni International, it is believed. And owners of the Ritz Carlton, now under construction in Clayton, have said their rooms will be priced at \$135 a night.

Hotel operators can't wait too long to capitalize on the expanded convention center, which could be completed by mid-1992. Tumbrink says land for a new hotel would have to be purchased by this fall.

City and hospitality industry officials say they are looking for a "convention center" hotel, where convention leaders and exhibitors would maintain hospitality suites.

One site frequently mentioned for a major new hotel is the land now occupied by the fire-damaged Gateway Hotel, across Washington Avenue from the convention center's planned

site. She says, "If more rooms are needed, blocks in Edwardsville and Fairview Heights are just minutes away.

Collinsville hotels rooms cost about one-third less than those in St. Louis, she says.

"There's a lot going for this little community," Tumbrink continues.

"You don't have the costs and congestion of the big city" — and St. Louis' attractions are just nine miles away.

Meanwhile, Leroy Wash-

ington, manager of the development plan for the East St. Louis waterfront, says he probably will investigate the potential demand for a hotel, especially once the Cervantes Convention Center is expanded and the Metra Link rail system begins operating.

"No question, we're going to have to consider that," he says.

Metra Link is projected to begin operating from Lambert-St. Louis International Airport to East St. Louis in early 1993.

The hotel "will do better with the expanded convention center than without it," Drury Inns' Chuck Drury says.

Meanwhile, in the summer of 1990 St. Louis will play host to the World Cup, and that can still fit in the Cervantes Convention Center, says Tumbrink.

Kiwanis International's 25,000 members will occupy 6,500 to 7,000 hotel rooms from June 24 to 27.

The Kiwanis will be followed July 9 to 14 by the 35,000 conventioneers (in more than 9,200 rooms) attending Lions Club International meetings.

"That'll be a couple of busy weeks," Tumbrink says.

"Only the Fourth of July and VP Fair festivities will separate the two conventions."

"I don't even recall those groups meeting back-to-back in one city," a fact that also hasn't been lost on St. Louis' competitors, who are envious, he adds.

"It's a phenomenal coup."

Metro East can host conventions

By Roger McGrath
Staff affiliate

St. Louis area hotel room rates and occupancy rates are so low to attract the interest of big hotel chains to downtown sites, hospitality officials say.

But that stance could change by mid-June when the expanded Cervantes Convention Center opens, they add, and the ripple effect could reach miles beyond the downtown area.

"With the announcement of the convention center, we've seen some renewed interest in a hotel downtown," says Dennis Coleman, executive director of the Economic Development Corp. of the City of St. Louis.

The city's most pressing need is an 800- to 1,000-room "convention" hotel within a block of the expanded convention center, officials say.

A feasibility study conducted several years ago estimated St. Louis needed up to 1,500 more hotel rooms to accommodate the conventioneers the larger center will attract, says a convention center director Bruce Sommer.

Hotels in St. Louis County and Illinois would benefit from St. Louis' being able to attract bigger conventions, too.

"The whole ripple effect moving all the way out," sometimes as far as St. Charles, observes Greg Vatterott, president of Charles Vatterott & Co., operating three hotels.

The \$80 million expansion effectively would double the convention center's size, pushing it south to Washington Avenue between Seventh and Ninth streets.

More importantly, the buildings would have two entrances and lobbies, meaning two separate conventions could be held at the same time, says Mike Garvin, general manager of the Missouri Athletic Club and former general manager of the Radisson Hotel St. Louis.

"It's where the benefit would come from," he says.

Garvin explains that it takes

two days or so to set up the booths and exhibits, and then another two days or so to tear them down after a convention concludes. That's a week's worth of "down time" for hoteliers; conventions will fill their rooms for just the three or four days of the convention itself.

The enlarged convention center could house one convention at a time, Garvin says, thus eliminating some of the "down time" and increasing the demand for hotel rooms, Garvin says.

"There are a number of groups that have outgrown our exhibit space and anxiously await the expansion," says Terry Tumbrink, of the Convention and Visitors Bureau.

Increased demand would boost downtown's occupancy rate from last year's 64 percent, industry officials say. Downtown has about 5,500 rooms.

"When demand increases, rates start creeping up," says Sheldon Holzman, managing partner of the St. Louis office of Avantothol & Horwath, an accounting firm.

St. Louis' low hotel rates are, in part, self-imposed, says a senior official of Pannell Kerr Forster, another accounting firm.

Most of the hospitality industry's hotels are locally owned. The owners worry about competitors, so they don't boost rates.

For example, the Adam's Mark Hotel's average nightly rate of about \$85 is "about \$15 less than it should be," one

expert says. "Rooms at downtown's top hotel should fetch \$100 a night, month in, month out," he says.

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Child protection bills introduced

Lawmakers continue to introduce new measures in the Illinois House, including three bills offering better protection to children, according to State Rep. Fred Stevens, R-Retro.

Stevens said House Bill 510 would make it child abduction for the assumed father of a child to intentionally conceal, detain or remove the child without the consent of the mother or lawful custodian if either the paternity of the child has not been legally established or if the paternity has been established but no order relating to custody have been entered.

House Bill 520 would allow a parent, guardian or custodian to recover compensatory damages, punitive damages and reasonable attorney's fees in child abduction cases, even if the defendant hasn't been convicted of or pleaded guilty to criminal child abduction.

House Bill 514 provides that an private organization, other than a school, which primarily provides recreational or other services to children may require its employees, volunteers and members to sign a statement, under penalty of perjury, stating whether they have ever been convicted of certain offenses involving children and whether they have ever been identified as child abusers.

Other bills just introduced include the following:

Partisan Appointments (HB 544) Provides that when a vacancy occurs in any elective office of a unit of local government in which the officer is elected on a partisan basis and in which the vacancy is filled by appointment, the appointee must be a member of the same political party as the person he succeeds was at the time of his election.

Assessment Tests (HB 529) Provides that student assessment tests will be given in the tenth, instead of the eleventh, grade.

Residential Burglary (HB 537) Permits the court to sentence a defendant convicted of a residential burglary to a period of probation of not less than two years, if the defendant has no prior criminal convictions and no authorization to be present in the residence at the time of the commission of the offense. In such case, one of the conditions of probation will be that the defendant serve a period of incarceration of not less than 180 consecutive days.

Special Plates (HB 509) Authorizes the Secretary of State to issue special plates to retired members of the United States Armed Forces.

Experimental Drugs (HB 506) Provides that any physician who prescribes an FDA approved drug for experimental purposes without the specific and informed consent of the patient is subject to discipline.

Financial Services (HB 541) Authorizes banks, savings and

loan associations and credit unions to provide financial services to residents at bona fide nursing homes, senior citizens' residential homes and long-term care facilities.

Hazardous Railway Accidents (HB 530) Directs the Illinois Commerce Commission (ICC) to prepare an annual report on railway accidents in materials involving hazardous materials. Directs the ICC to prepare a report by 1991 remedial steps to reduce railway accidents involving hazardous materials.

Toilet Facilities (HB 513) Provides that certain public facilities will provide toilet facilities at a ratio of three for women to two for men.

Manufacturer Rebate Offers (HB 538) Requires a manufacturer to pay all costs associated with its offer of a rebate on its products.

Campaign Contribution (HB 539) Prohibits contributions to the principal campaign organization of a candidate for public office in an aggregate amount in excess of \$1,000 for individuals and \$2,000 for any other entity within any 12 month period beginning on or after July 1, 1990.

Absentee Voting (HB 552) Provides special write-in absentee voter's blank ballots for military and overseas voters. Lengthens the period before the relevant election by which the State Auditor of State and county clerks must certify primary ballot, general election ballots and public questions.

Pollwatching (HB 559) Provides that pollwatchers may observe in-person absentee voting in the offices of municipal, township or road district clerks. Allows a physically incapacitated voter to mark his or her ballot in secret with the assistance of another individual. Prohibits duplication of application forms for absentee ballots.

Waste Clean-up (HB 540) Provides that property owners will be liable on an as-located basis for cleanup charges of hazardous waste sites.

Aerosol Tax (HB 528) Imposes a tax of one cent for each selling price of any personal product sold in an aerosol can which contains any propellant containing chlorofluorocarbons. Proceeds of the tax would be directed into the Environmental Protection Trust Fund.

Teacher Dismissal (HB 539) Permits notice of honorable dismissal to be given to teachers by personal delivery upon signed record thereof.

School Board Attendance (HB 536) Permits the members of a regional board of school trustees to remove a member of the board for failure to attend a majority of the regular meetings of the board during a calendar year or for any other willful failure to perform his official duties.

School news welcomed

Send information and photos about school events at the elementary, middle and high school levels to Nicole Vaughn, Granite City Press Record/Journal, 1815 Delmar Ave., Granite City, IL, 62040.

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Soil test sets starting point for improvement

An excellent way to begin a garden or lawn improvement project is with a soil test.

Soil testing serves as a valuable guide for fertilization practices in vegetable gardens, home lawns and flower beds. The test indicates the amount of available nutrients in the soil and recommendations are given on how best to correct any deficiencies indicated. The acidity or alkalinity of the soil is also determined.

While a soil is found to have a low pH, the addition of limestone is recommended. This not only raises the pH to the proper level, but also adds calcium and magnesium to the soil. In addition, it helps improve soil structure, aids in root development, downy mildew and offsets the acid reaction of fertilizers.

If, on the other hand, the soil is too acidic, acid-forming materials should be added to the soil. If the problem is slight, the use of acid peat and acid-forming fertilizers may be all that is required. If the alkalinity is more severe, sulfur or iron sulfate may be needed.

Seldom do soils in this area require the addition of phosphate or potash, but occasionally this is needed to bring the soil to the proper nutrient level.

A soil test also measures the percentage of organic matter. Soils low in organic matter often have a problem with moisture.

Asphalt shingles add new dimension

There is something new under the sun; it has dimension and color to please every taste.

It's the new look in asphalt shingles. The market today offers many more options than it did just a few years ago.

Added dimension is one of them, says the Asphalt Roofing Manufacturers Association. The use of three-dimensional asphalt shingles, for example, can give a roof interesting texture while enhancing the overall architectural look of the home.

Since multilayered shingles create the appearance of wood, including weathered wood, but offer fire safety and easy care. Others create the look of slate or tile without the expense.

Color is another option, the association says. Especially popular these days are the earthy tones of tan, beige, earth tones of red, brown and green. These natural colors work well on a roof that is designed to blend with the surrounding colors of nature.

Since multilayered asphalt shingles are designed to last a quarter century or more, the association suggests you choose a roof that you can live with for a long time.

More information can be found in "A Homeowner's Guide to Quality Roofing." Those who wish a copy of this booklet should send a stamped, self-addressed business-size envelope to ARMA, Box 3248, Grand Central Station, New York, N.Y. 10163-3248.

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Design of outdoor areas should reflect lifestyle

With professional assistance from your favorite garden center or nursery, you can enjoy the benefits of a custom-designed lawn, says the American Association of Nurserymen.

The right combination of grass, ground covers, large plantings, and hard surfaces can be created to suit your particular lifestyle and your area's water supply, the organization says.

Base your lawn-design guidelines on your family's needs and requirements, as well as the size and shape of your property. Select an appropriate size for your needs. Avoid making it too large or too small so that you do not have to spend a lot of time caring for unused areas.

Locate the lawn where family members spend the most time. With youngsters, this usually

means the backyard. A plain shape for the lawn will require less time for mowing time. Add accents for interest and other benefits: A trellis can shade the sitting area; in one corner, an herb and vegetable garden will add color to the backyard; and a colorful stone path among the flowers will add a welcoming touch.

When the children have grown and moved away, there will be

more time to entertain. At this point, a raised deck and several brightly colored container plants may be more effective. Invite guests into the home by placing borders of color-rich flowers and interesting trees along the walkway leading to the front door. Enjoy a semiprivate area of your backyard by using a fence and shrubs to screen it from the street.

Use your space efficiently.

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Generally, these soils either are unable to hold sufficient moisture and dry out too quickly or hold water so tightly it is not available to plant roots. Also, soils low in organic matter often are the most difficult for roots to penetrate, thus causing shallow root systems to develop. More damage occurs during dry weather conditions.

Soil tests can be done for lawns or gardens, and are valuable in growing plants such as azaleas, rhododendrons and roses.

To obtain information on soil-testing procedures, contact your local University of Missouri Extension office. In St. Louis County, the number is 889-2911.

This article is by John T. Wheeler, horticulture specialist, University of Missouri Extension.

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Some ground covers show signs of fungus disease

Ground covers are important to today's homeowners. They may be grown in shaded areas where grass does not do well, serve as an excellent covering on slopes that are difficult to mow, and add extra color and texture to many parts of the garden.

Many people assume weeds pose the biggest challenge in growing ground covers, but actually, the herbicides available today have made this just a minor difficulty.

In some ground cover locations, the major threat comes from fungus. If not controlled early, large sections can become eradicated, consisting only of dead and barren areas.

Hardy ivy in some areas has suffered due to leaf burning caused by the dry summer of last year. Because these plants are more susceptible to fungus attack, in a number of cases, this is exactly what happened, as evidenced by dead spots on the leaves. Close examination of these diseased plants reveals stems are barren and have extended black portions.

To control the problem, it is important to cut off as much of the dead portions as possible and to remove the old leaves with careful raking. Then spray all areas where ivy is growing with a fungicide containing Maneb or one containing basic copper sulfate, such as Bordeaux. Plants should be sprayed thoroughly as soon as possible, repeating once a week during early spring and after heavy rains. Avoid walking through ivy when wet because this will spread the disease.

With pachysandra, the scenario is similar after scorched leaves have turned black, opening the door to fungus disease.

Leaves of winter-scorched pachysandra plants have irregular blotsches from light to dark over much of the leaf area. As this advances, the leaves shrivel up, and sometimes fall off.

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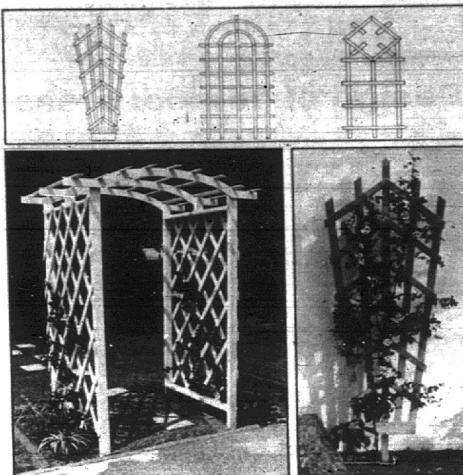
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SIMPLY DI-VINE: The simple elegance of climbing vines and roses lends an enchanting touch to any garden. One can create a variety of these beautiful plants by building structures like those shown here. The arbor shown at lower left is an attractive arch that might be placed over a backyard walkway or alongside the house. Instructions for building the arbor are available and cost \$4.50. Requests should note "Arbor Pattern 613." Instructions for building the three trellis designs illustrated at top cost \$3. Requests should note "Trellis Trio Pattern 673." Those interested should send a check to New Ellington, c/o St. Louis News Service, P.O. Box 2383, Van Nuys, Calif. 91409-2383.

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New coat of paint revives rusty fence

With new buds on flowers and trees, most home landscapes look fresh and clean. If an older galvanized chain-link fence that has "rusted" and corroded is detracting from the springtime beauty of your yard, corrective measures may be in order.

If the fence is in good shape, you might want to consider a paint job rather than a chain-link replacement. My time-tested tips should speed your work and enable the results to last through next winter.

As with any painting job, surface preparation is the key to success. On the posts and top rail, I start by wire-brushing the rust out until the surface is smooth. If the rust is too heavy, sand as much as possible. Use a "rust reformer," such as Extend, which is manufactured by the Duro Corp. and Rustoleum's Rust Reformer.

Rust reformers are applied as a light-colored liquid, which turns black as it dries. They not only stop the existing rust, but also seal the surface from future damage. This may require two coats.

To restore the shine and luster of your fence, only specially formulated aluminum paint should be used. I begin painting the rails and posts with a 1-inch

Gardening



By Bob Dingwall

brush. By keeping my strokes even and in one direction, I can eliminate unsightly brush-stroke marks.

For the fence wire, I lay down a drop cloth or cardboard sheet and a 1/2-inch-thick roller. On the links, I prefer to paint at an angle, from the top to the bottom, working post to post.

It is best to paint the opposite side of the fence before the first side dries. While still damp, the paint on the two sides will mesh together.

Using these hints, your fence painting will go as smooth as Tom Sawyer's and soon you will be relaxing in a yard that sparkles with springtime beauty.

If you need more details about painting galvanized fences or any other spring fix-up project, call me at Central Hardware's Mr. Tinker Hotline, 946-3000. I'd be happy to help.

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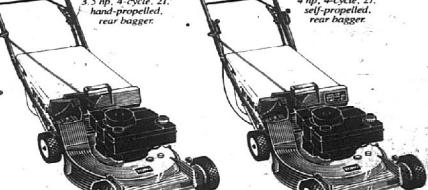
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What is KEZK-FM's Community Club Awards? It is businesses and volunteers working together for a better St. Louis."

Community Club Awards (or "CCA") is an internationally recognized funding opportunity for non-profit organizations, administered in the St. Louis Metro-East area by KEZK-FM Radio and these 46 stations. KEZK-FM's CCA is a part of a network of CCA programs in hundreds of cities throughout the United States, Canada and Australia.

Community Club Awards has enabled KEZK-FM and its Corporate Sponsors to benefit over 500 charities, serving the community directly, saving proofs-of-purchase from these seven years. Financial awards to these groups have furthered many worthwhile causes such as medical research, providing more dignified jobs for the disabled, sheltering the homeless, improving educational facilities for the children, and more.

This year KEZK-FM and these Corporate Sponsors will present over \$42,000 in cash awards to the non-profit organizations and charities which participate in Community Club Awards.

The CCA concept is simple: the participating non-profit organizations' members earn money for their particular organization simply saving proofs-of-purchase from these CCA Corporate Sponsors. There is nothing to sell or endorse. Although the amount of money an organization earns is proportionate to the amount of proofs-of-purchase it redeems to KEZK-FM, EVERY organization which participates in CCA is guaranteed to earn a portion of the \$42,000-plus fund.

Community Club Awards is open to all non-profit organizations (civic, service, church, school, fraternal, etc.) in the St. Louis Metro-East area whose goal is to earn money for worthwhile causes through the participation of individuals.

KEZK-FM salutes the 1989 Community Club Awards Participants, Organizations and Corporate Sponsors. These men and women are dedicated to improving the quality of life in our community, and KEZK-FM is proud to be a part of their efforts toward fostering "a better St. Louis".

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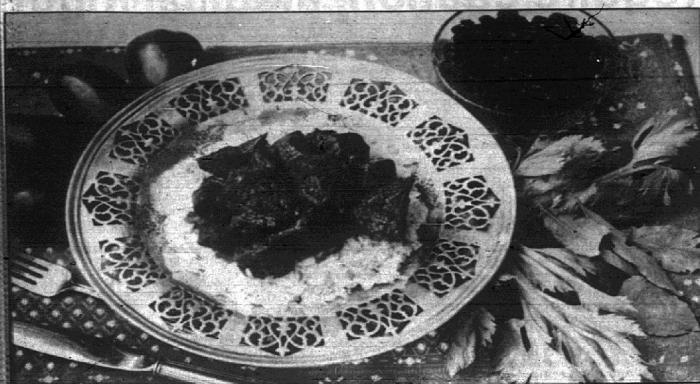
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ONCE A DELICACY served only in springtime, lamb still is looked on as an annual specialty now in its prime.

Leaner lamb cuts add variety as spring traditions hold court

Once a major pitfall for those cutting fat from their diets, lamb today is a much leaner meat.

While hardly a low-fat food, carefully selected lamb cuts, trimmings and served in modest portions, can add occasional variety to menus without throwing low-fat diet goals out the window.

As consumer preference moves toward lighter foods, many lamb producers in the United States now raise lambs nearly twice the size of those raised in other countries with much more lean meat in relation to fat.

The U.S. Department of Agriculture's lamb grading program has changed in recent years to reflect the increased production. About 90 percent of lamb sold in supermarkets carries the "choice" grade rather than the fatter "prime" grade.

Because fat is mostly on the outside of pieces and in layers between muscles, careful trimming is important to limiting fat in lamb dishes.

In addition to being leaner, however, today's lamb cuts also tend to be larger than in the past, so take care to keep portions in line with the ounces of cooked meat, or serve lamb in stews or casseroles

where less meat and more vegetables or pasta is the rule.

Cooking methods that allow fat to drip off or otherwise be removed before serving are also important in reducing fat in lamb dishes.

As with any lean meat, cooking techniques that enhance flavor, moisture and tenderness are best for lean lamb.

Curried cubed lamb

1/2 lb. lamb, from loin, boned and with fat removed, cut in small cubes (See Note)

1/2 cup raisins

1/2 cup chicken broth or low-sodium chicken bouillon

1/2 cup finely chopped onion

1/2 cup finely chopped celery

1/2 cup peeled, diced apple

1/2 cup dried ginger

1/2 cup peeled tomatoes, preferably Italian tomatoes

1 bay leaf

Note: This recipe uses about

1/4 pound lamb. This will usually

require about a 2 1/2-pound loin of

lamb, with bone removed and fat

trrimmed.

Cook lamb with raisins in bowl. Cover

with warm water. Soak about 30

minutes.

Heat 1/4 cup chicken broth in

saucepan. Add onion. Cook

while stirring, until onion is

soft. Add ginger, apple, banana,

garlic and curry powder. Cook

briefly.

Add tomatoes, remaining

chicken stock and bay leaf. Remove from heat. Pour mixture in blender or food processor. Blend until smooth to about 2 cups sauce.

Return sauce to pan. Cook over low heat. Drain raisins. Add to sauce.

Place lamb cubes in skillet. Cook over high heat, stirring constantly, to separate pieces and cook evenly. Cook only 1 to 2 minutes. Add meat to simmering sauce. Remove from heat.

Serve immediately over rice. Makes 4 servings, 290 calories and about 9 gm. fat each.

Registered dietitian Karen Collins reviews this material for the American Institute for Cancer Research in Washington, D.C.

Buttery cornbread

1/2 cup butter, softened
1/2 cup sugar
1 egg
1 cup yellow cornmeal
1 cup flour
1/2 cup baking powder
1/2 cup milk

Cream butter, sugar and egg until light and fluffy.

Combine cornmeal, flour, baking powder and salt. Mix well. Stir dry ingredients into creamed mixture alternately with milk.

Pour into greased 9-inch square pan. Bake at 400° for 20 minutes, until pick inserted in center comes out clean.

Makes 6 servings, 400 calories each.

Melodic rice dishes deserve standing ovation for flavor

Classic foods are never out of style. Like music, they begin a meal on key and carry it through to a pleasant finale.

Fruited Shrimp and Rice borrows a phrase from many cultures. A quick saute cooks shrimp and stir-fries celery, onion and green pepper. A sweet addition of fresh grapes and juice offsets the savoriness to form a mellow but crisp flavor that flows atop the even notes of warm rice.

Rice is one food packaged to fit the size family, small or large. Simply follow directions for show-stopping performances every time.

1 small onion, sliced
1/2 cup butter or margarine
1/2 cup seedless grapes
1/2 cup salt
Pinch pepper
1/2 tsp. soy sauce
1/2 tsp. lemon juice
1/2 cup hot cooked rice

Cook shrimp, celery, green pepper and onion in butter in large skillet over medium-high heat until shrimp turns pink and vegetables are tender-crisp.

Stir in grapes, salt, pepper, soy sauce and lemon juice. Cook until thoroughly heated.

Serve over hot rice. Makes 3 servings.

Quick 'n easy ratatouille rice

2 1/2 cups water
1 cup uncooked rice
1/2 cup chopped onion
1/2 cup sliced yellow squash
1/2 cup sliced zucchini

1/2 cup coarsely chopped red or green pepper
1/2 cup onion, minced
1 tsp. basil
1/2 tsp. salt
1 small tomato, diced
2 tsp. chopped parsley

Prepare rice according to package directions. Reserve 1 cup. Cover and refrigerate remaining rice.

Cook onion in 8-inch non-stick skillet, stirring constantly, 1 minute. Stir in yellow squash, zucchini, pepper, garlic, basil and salt. Cover. Cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes.

Stir in tomato and reserved rice. Cook, covered, 10 minutes longer, stirring several times.

Sprinkle with parsley. Makes 2 servings, 166 calories, 3 gm. protein, less than 1 gm. fat, 26 gm. carbohydrate, no cholesterol, 535 mg. sodium each.

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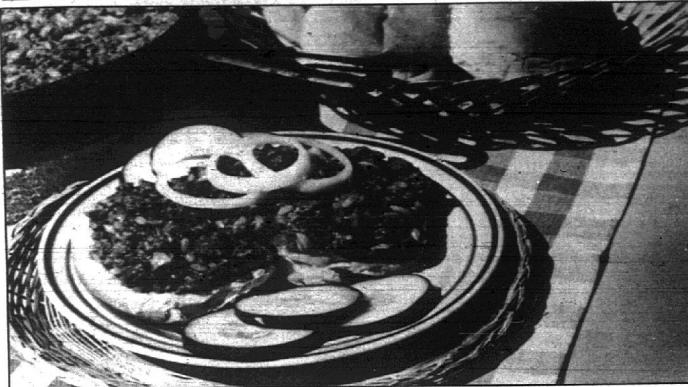
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GROUND MEAT RECIPES can be changed without much flavor change from beef to turkey, as is proved by Tidy Toms.

Talk turkey to alter tedium of beef

People who recently have found themselves talking turkey more often when making menu decisions have joined a growing number of consumers who have found that this versatile meat is not just for Thanksgiving.

The availability of turkey in a variety of cuts has made it easier to include it in daily menu planning. Turkey breast, legs and wings offer many new ideas, and ground turkey is now usually available alongside the ground beef.

However, be aware that ground turkey is still not a low-fat food, and sometimes may even contain more fat than some types of ground beef. Ground turkey usually contains about 7 percent to 15 percent fat by weight. Turkey breast meat tends to be lower in fat than ground, and ground turkey made from white meat is lower in fat than that from dark meat.

Substituting ground turkey for regular ground beef, which is 25 to 30 percent fat by weight, will help reduce dietary fat. Ground chuck or lean ground beef is usually about 20 percent fat by weight. By the same token, extra lean ground beef is normally only 10 to 15 percent fat. Learn to read labels, or ask a

butcher if fat content is not labeled.

It adds up to a point where ground turkey is lower in fat than many types of ground beef, but it is not getting from fat to protein. It is getting from dietary fat. It is still important to limit portions and not add excessive fat in recipes.

Ground turkey will add an interesting flavor to simple fare like burgers. When it is seasoned and mixed in with meatloaf, chili, sausage, tacos or spaghetti sauce, a family is unlikely to notice a difference.

The following recipe is that old turkey version of that old ground beef favorite, Sloppy Joes. It is simple to make, but be sure to drain off fat from the pan to keep sodium fat content even lower. For sandwiches, serve it on whole wheat bread, or make it a simple main dish served over rice or noodles.

Tidy toms

2 lbs. ground turkey
1 large onion, diced
1 (10 oz.) can tomato soup
1 (10 oz.) can chicken gumbo soup

1 to 2 tsp. chili powder
1/4 tsp. pepper
12 whole wheat buns

In frying pan, brown ground turkey and onion. Drain off any fat from pan. Add undiluted tomato and chicken soups, chili pepper to meat mixture. Simmer over low heat 45 to 60 minutes to allow flavors to blend.

Spoon over buns to serve.

Yields 12 sandwiches, each with no more than 10 gm. fat, depending on fat content of ground turkey, and about 264 calories.



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Rapid weight loss programs require caution, medical input

By Jacqueline Lanifer
Registered dietitian
American Heart Association

Anyone fighting the battle of the bulge is not alone. At least 10 to 12 percent of American men and women are classified as overweight or obese. Many have tried and failed to successfully lose the extra fat (adipose tissue) and keep it off.

Numerous studies have shown that overweight people are at increased risk for many diseases, including diabetes, coronary disease and cancer. Life insurance companies long have recognized the importance of weight and height relationships when evaluating the risk factors of applicants.

Recent studies indicate that the pattern of fat tissue may be more important than total body weight. In fact, people with fat located predominantly in the abdominal region may be at a greater risk for disease than a person with extra fat in the gluteal and thigh regions.

Just as two persons' bodies are alike, weight loss programs all vary in strategy and method. What works for one person may not work for another. For example, a person given to television personality who was able to lose 60 pounds in four months on a very low-calorie liquid diet should be viewed from a proper perspective and approached cautiously.

This particular approach to weight reduction is best utilized in a selective type of individual who has an excessive amount of

weight to lose, realizes the importance of frequent medical supervision, has the financial means to pay for the program and is motivated to complete the program once started.

The success of low-calorie liquid diets is not universal. One study showed that more than half the 500 patients starting the program dropped out before reaching their weight goal. Of those who reached their weight goal, more than half maintained the weight loss 18 months after completing the program. Considering the fact that the majority of these individuals were middle-aged and unable to lose weight with conventional methods, this is a bad record.

Very low-calorie liquid diet programs have demonstrated weight reduction of two to three pounds per week. This type of reduction is dangerous if undertaken casually as a do-it-yourself project without medical supervision, even though the liquid and meal-replacement programs now available are of better quality than the ones resulting in a number of deaths a few years ago.

An effective program of permanent weight loss maintenance requires up to 18 months devoted to re-educating clients in improving eating patterns and producing a change in lifestyle. This requires a lifetime reduction of calorie intake of foods and a regular program of physical activities.

Start with a complete physical

examination and input from the physician. In some instances he may give a referral to a dietitian. Often a well balanced, low-fat, high-fiber diet will result in adequate weight loss in an effortless manner. Be cautious of the self-promotion of privately advertised clinics until their ethical and professional qualifications can be checked.

The following recipe is delicious, nutritious and low in calories. Serve it with whole grain bread and fresh fruit slices.

Zucchini cheese casserole

3 medium zucchini, sliced
1/2 cup chopped onion
2 fresh tomatoes, sliced
2 tbsp. oil
1/2 cup soft cottage cheese
1/2 tsp. basil
1/2 tsp. oregano
1/2 cup parmesan cheese

Sauté zucchini and onion in oil. Whip cottage cheese with basil and oregano in blender.

Place alternating layers of zucchini, cottage cheese and tomatoes in a quiche or casserole. Top with parmesan. Bake at 350°, uncovered, 25 to 30 minutes.

Yields 6 servings; about 136 calories, 10 gm. fat, 393 mg. sodium and 11 mg. cholesterol each.

Reprinted with permission from the "American Heart Association Cookbook," by American Heart Association Inc.

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Homemade soup takes chill from changeable spring days

One of the best ways to fight the raw, cold days of early spring is with a steaming bowl of a hearty vegetable soup. Thick, hearty soup not only warms the body, but provides nutritional goodness that is hard to beat.

Fresh vegetable soups are a delicious way to include more vegetables in one's diet, a practice strongly recommended by the American Institute for Cancer Research. Research has shown that many vegetables provide vitamins, fiber and other nutrients which may be important in reducing cancer risk.

But don't make the mistake of counteracting the healthful benefits of vegetables by adding a large portion of a high-fat soup. Avoiding cream-based soup recipes that are high in fat is easy to do, because creamy-textured vegetable soups can be prepared easily by adding potatoes as thickening and adding skim milk or low-fat yogurt for enrichment.

Some delicious and healthful possibilities for such cream-type soups include broccoli, carrot, cauliflower, asparagus, zucchini, tomato, spinach, watercress,

cucumber, red pepper, pumpkin, turnip, rutabaga or leaf lettuce. Onions or leeks add zip to the flavor.

Once the vegetables are softened by simmering in just enough water to cover them, puree the soup in a food mill, food processor or blender, return to the pan and add skim milk or yogurt before serving.

Here is a delicious, hearty, non-cream soup with a unique herb flavor from pesto topping.

Such a soup is available at specialty grocer if a local one does not stock fresh basil.

Mинестроне с pesto

1 cup (1 lb.) dry small red beans
1 qt. water
1 (14 oz.) can whole tomatoes and juice
1/2 cup (1 medium to large) onion, chopped
2 medium carrots, shredded to 1/2 cup
1 cup finely chopped celery
1 garlic clove, crushed
1/2 tsp. pepper

1/2 cup shredded cabbage
1/2 cup (3 oz.) tomato paste
1/2 cup uncooked macaroni
Pesto, if desired

Combine beans and one quart water in large pan or Dutch oven. Boil 2 minutes. Remove from heat. Cover. Let stand 1 hour.

Stir in onion, carrots, celery, garlic and pepper. Heat, stirring occasionally, until boiling. Reduce heat. Simmer gently, covered, until beans are tender, about 2 hours.

Add tomatoes with their juice. Stir to break up tomatoes. Add cabbage, 1/2 cup water, tomato paste and macaroni. Simmer ingredients gently, covered, 20 minutes or until macaroni is tender.

Spoon mixture into bowls. Top each with spoonful of Pesto.

Pesto: Place 1/2 cup fresh basil leaves, 1/2 cup fresh or frozen (thawed) spinach leaves, 2 tablespoons grated romano cheese, 1/2 cup olive oil and 1 tablespoon chopped fresh parsley in blender jar. Blend until mixture forms smooth paste.

Recipes

April 12, 1989—GRANITE CITY JOURNAL

3C

Tangy fruit and nut muesli

1 1/2 cups water
1 1/2 cups oats, uncooked
1/2 cup (3 oz.) tomato paste
1/2 cup raisins or chopped dates
1/2 cup coarsely chopped nuts
1/2 tsp. cinnamon

Combine wafer, oats, oranges, dates, nuts and cinnamon. Mix well. Cover. Refrigerate overnight.

Serve cold or hot with milk or yogurt, if desired. For thicker muesli, drain excess liquid before serving or heating in microwave. Store in refrigerator up to 1 week.

Makes 6 servings, 200 calories per 1/4 cup serving.
Note: To heat muesli, place 1/2 cup muesli in microwave-safe bowl. Microwave at high about 1 1/2 minutes. Stir.

Microwave skillet cornbread

2 slices bacon, cut in 1/2 inch pieces
4 tbsp. butter
1 cup flour
1 cup cornmeal
1/2 cup milk
2 tbsp. baking powder
Dash salt
1 egg, beaten
1/2 cup buttermilk

Combine wafer, oats, oranges, dates, nuts and cinnamon. Mix well. Cover. Refrigerate overnight.

Serve cold or hot with milk or yogurt, if desired. For thicker muesli, drain excess liquid before serving or heating in microwave.

Store in refrigerator up to 1 week.

1/2 cup cooked corn, if desired

Cook bacon in 9-inch micro-wave-safe skillet or dish until crisp. Pour off almost all fat. Add butter. Heat until just melted.

In large bowl, mix flour, cornmeal, baking powder, salt, egg, buttermilk and corn. Add skillet contents, stirring until batter is well combined. Pour batter into skillet. Smooth top.

Cook in micro-wave oven on medium power 8 minutes. Finish cooking on high 1 to 4 minutes, until toothpick inserted in center comes out clean. Rotate skillet a quarter turn once or twice during cooking.

Let stand 5 to 10 minutes, then serve warm from skillet.

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Diet, exercise mix to make winning weight loss combo

By Janice Denham
Food editor

Dieting is an American attribute. In a country where some people consider their evening television getting up to change television channels instead of using remote control, it is easy to find people who are counting calories to become slender or fit.

When Oprah Winfrey proudly displayed her newly svelte silhouette on national television, discussions centered on the safety of diet plans. The most popular diet, one that is sometimes called VLC for very-low-calorie fasting, that helped her lose weight is not the tonic of past medicine men, but once again it is not a magic potion for all those who want to lose weight fast.

Debra Waites, registered dietitian with the St. Louis Dietetic Association, says, "Most diets fail because they expect you to become different than what you are. Never do a diet that relieves solely on a food group or eliminates food groups. Basically you want something that is well balanced and doesn't create a lot of changes in you."

She says the end change that will need to be accomplished is a commitment to exercise and watching what foods you eat. Many people blame their extra weight on biological makeup, but this may be unfair to their genes.

As some people seem to eat all the food they want and not gain weight while others look at a picture of cookies in a magazine and gain pounds, Waites says less than 3 percent of those who are overweight really have metabolic problems. However, it is true that of the other 97 percent, everybody's metabolism is different.

"One thing you can do to change your metabolism is exercise. You can actually raise it for about 48 hours once you are in condition, so that if you exercise a lot, you are going to be using more calories even if you sit down and watch television," she says.

For many people, exercise equipment is readily available to make shaping up easier, she says. Some current dieting philosophy states that exercise is

ADVERTISEMENT
Diet Pills Sweeping U.S.

Doctors Invent 'Lazy Way' to Lose Weight

U.S. Gov't Approves Patent Claims for New Diet Pill

BEVERLY HILLS, CA (Special)—An amazing new weight loss pill called "fat-magnet" has recently been developed and perfected by two prominent doctors at a world famous hospital in Los Angeles. It is reportedly "guaranteed to steadily fat loss and calorie reduction by simply taking their tested and proven new pill."

The U.S. government has just approved the new claims for a hard-to-get fat that confirms "there has never been anything like their fat-bonding pill process before." It is a totally new major scientific breakthrough and is revolutionizing the weight loss industry.

"Eat Normally."

Best of all, "you can continue to eat your favorite foods and you don't have to change your normal eating habits. You can start taking it and reduce calories from the very first day, until you achieve the ideal weight you desire without exercising."

Flushes Fat Out of Body

The new pill is appropriately called the "fat magnet" because it吸引 thousands of particles, each acting like a tiny magnet, "attracting" and trapping many times its size in undigested fat particles. Then, all the trapped fat and calories are really "flushed" right out of your body because they cannot be absorbed.

"Within 4 days you should notice a change in the color of your stool, caused by the fat particles that are eliminated. "Automatically" Lose Fat."

According to one of the inventors, Dr. William Shell, heart specialist and associate professor of medicine at UCLA medical school, "the anti-obesity process is 'lazy' to lose weight because the pills alone 'automatically' reduce calories by eliminating dietary fat. It is 100% safe and not a drug."

The inventors are already sweeping the country with glowing reports of weight loss from formerly overweight people in all walks of life who are now slimmer, trimmer and more attractive again.

Now Available to the Public:

If you are trying to lose 20, 50, 100 pounds or more, you can order your supply of these "no-risk" highly successful diet pills from the two inventors' exclusive manufacturer (includes optional calories-reduction plan for even better results). Send \$20 for a 90 pill supply + \$3 handling) or \$35 for a 180 pill supply + \$3 handling), P.O. Box 2016, Webster Blvd., Dept. W-X-71, Beverly Hills, CA 90211. (Unconditional money-back guarantee if not 100% satisfied. Visa, MasterCard and American Express OK. (Send card number, expiration date and signature.) For fastest service for credit card holders ONLY call anytime 24 hours, toll free 1(800) 527-9700, ext. W-X-71. GEM 109

the key indicator of the success of a diet.

"You don't need to be a marathon runner to get these benefits. All it takes is half an hour three times a week. An hour and a half all week long is not a big investment of time if you are serious about your health."

Winfrey used one of the popular liquid diets, Opti-Fast, which includes fasting to eliminate decision-making while excessive weight is lost, and new eating patterns are made.

Reliable programs like this are connected with a hospital or clinic. The dieter is seen by a doctor weekly and blood is tested every two weeks to make sure the diet is staying nutrition based on the prescribed liquid nutrition being consumed. An electrocardiogram should be given at various stages. Follow-up procedures vary according to the program.

Waites says these programs can be practical for a person who is at least 50 pounds overweight, provided they are willing to accept the understanding that the overall process must result in a changed style of eating, the same as the focus of other respected programs.

Beth Bertels, clinical coordinator of Wellness Education Systems, another health-care company that uses its own liquid diet as part of weight management treatment, says, "A program like this is a short-term tool. It puts decisions on the back burner. We try to give them calorie-learning knowledge that doesn't say anything is good or bad, but enough information

that may be adequate to work for them once they get to the point of maintaining their weight."

Waites says that the 400 registered dietitians locally can provide people with accurate and reliable information on a diet that could lead to weight loss for those who need it. The St. Louis Dietetic Association may be contacted at (314) 727-3009.

Cream of broccoli soup

1 lb. broccoli, fresh or frozen, broken in small pieces
1/4 cup chopped onion
1/4 tsp. white pepper
1/2 tsp. basil, if desired
1/2 cups water
1 cube or tsp. low-sodium chicken - bouillon

1 (13 oz.) can evaporated skim milk

In medium saucepan, place broccoli, onion, pepper, basil, water and bouillon. Cover. Bring to boil. Reduce heat to simmer until tender, 10 to 15 minutes.

Remove some broccoli flowerets for garnish. In blender, puree rest of ingredients until smooth. Return mixture to saucepan. Stir in evaporated milk. Heat to serving temperature, but do not boil. Garnish with reserved broccoli.

Note: Asparagus, mushrooms or zucchini can be substituted for broccoli.

Yields four (1-cup) servings, 1 gm. fat and 126 calories each.

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*Feel Self-Confident

*Look Wonderful and Feel GREAT!!!

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Salmon apple salad

1 pkg. (4 serving) sugarless lemon

gelatin

1 cup boiling water

2 cups ice cubes

2 tbsp. lemon juice

1 can (7 1/2 oz.) salmon, drained, flaked

1/2 cup chopped unpeeled red apple

1/4 cup minced onion

1 tbsp. chopped parsley

Dissolve gelatin in boiling water. Add lemon juice, salmon and onion. Stir until gelatin starts to thicken, 3 to 5 minutes.

Remove any unmelted ice. Fold

in salmon, apple, onion and parsley.

Pour into 4-cup serving dish.

Individual plastic containers. Cover until firm, at least 3 hours.

Spoon onto crisp salad greens, if desired.

Makes about 3 cups or 3 (1-cup

servings).

Each serving provides 140 calo-

ries, 18 gm. protein, 6 gm. carbo-

hydrate, 4 gm. fat and 295 mg.

potassium.

Note: If using water-packed

tuna instead of salmon: 110 calo-

ries, 20 gm. protein, 6 gm. carbo-

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potassium each.

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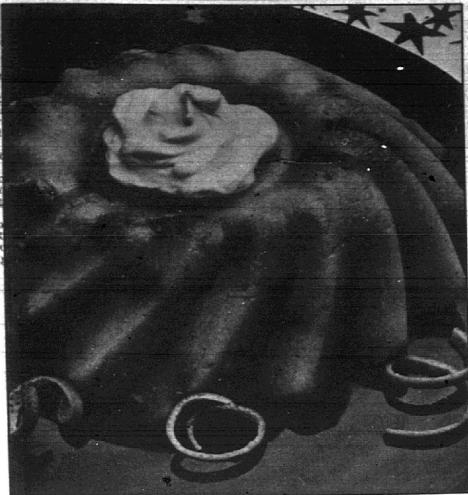
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PREPARE THIS NEW version of traditional Italian polenta on a range top or in a microwave oven, then chill in a mold or individual custard cups.

Cornmeal dish gives sweet cake new look

Cornmeal will have its day in the sun again, according to the essential ingredient for long-time favorite cornbread and newly popular polenta, cornmeal is prized by creative cooks for the "something special" it adds to desserts as well.

Inspired by a recent resurgence of interest in cornmeal, here are two show-stopping dessert recipes which rely on cornmeal as the special ingredient for unique flavor. Designed with time-pressed party planners in mind, both recipes are simple, streamlined preparation for a contemporary-classic dessert.

Orange-Dessert Polenta combines orange juice, dates, cornmeal and orange liqueur with easy range top or microwave oven preparation in an elegant variation of a dessert that's a favorite. Prepared with but eggs or milk, this light yet richly flavored dessert has a delectable custard-like texture.

Chocolate lovers will find a new favorite in **Chocolate-Almond Cornmeal Pound Cake**. Rich, fudgy and lusciously moist, this almond-crusted cake is an ideal addition to a special dinner.

Orange-date dessert polenta

1/2 cups orange juice

1/2 cups water

3/4 cup cornmeal

1/2 cup sugar, if desired

1/2 cup chopped pitted dates

2 tbsp. orange liqueur

1/2 tbsp. margarine or butter

Grease 1-quart casserole.

In large saucepan, combine orange juice, water, cornmeal, sugar and salt. Bring to a boil. Reduce heat and simmer 5 to 6 minutes or until mixture is thickened, stirring occasionally. Remove from heat. Stir in dates, liqueur and margarine.

Pour into prepared casserole. Refrigerate until firm, about 45 minutes.

Unmold. Serve with whipped cream, orange slices and dates, if desired.

Microwave directions: Grease 1-quart casserole or mold.

Combine orange juice, water, cornmeal, sugar and salt in a microwave-safe casserole. Cover. Microwave at high 5 minutes.

Stir vigorously with wire whisk. Cover. Microwave at high 5 minutes or until mixture is thickened. Stir in dates, liqueur and margarine.

Pour into prepared casserole. Refrigerate until firm, about 45 minutes.

Unmold. Serve with whipped cream, orange slices and dates, if desired. Makes 8 servings; 159 calories, 44 gm. carbohydrate, 2 gm. protein, 2 gm. fat, 20 mg. sodium, 100 mg. cholesterol and 1 gm. dietary fiber each.

Chocolate almond pound cake

1/2 cup finely chopped almonds

1/4 cup sugar

1/2 cup margarine or butter

4 eggs

4 oz. semisweet chocolate chips

1 to 2 tsp. almond extract

2 cups flour

1/2 cup cornmeal

1/2 tsp. salt, if desired

1/2 cup baking powder

1/2 cup milk

Generously grease 12-cup fluted tube pan. Coat sides with

In large mixer bowl, beat sugar and margarine until light and fluffy. Add eggs, one at a time, mixing well after each addition. Stir in chocolate and almond extract.

Add combined flour, cornmeal, salt and baking powder alternately with milk, mixing at low speed of electric mixer until well blended.

Spoon batter into prepared pan. Bake 50 to 60 minutes at 350° or until wooden pick inserted in center comes out clean.

Cool 10 minutes. Remove from pan. Cool completely on wire rack.

Makes 16 servings; 381 calories, 42 gm. carbohydrate, 6 gm. protein, 22 gm. fat, 205 mg. sodium, 70 mg. cholesterol and 1 gm. dietary fiber each.

Chocolate chip coffee cake

1/2 cup milk
1/2 cup butter or margarine
1/2 cup sugar
1/2 tsp. salt
2 1/2 dry yeast
2 cups warm water (105° to 115°)
2 eggs, beaten, at room temperature
3 cups flour
1/2 cup semisweet chocolate chips
Coffeecake Topping

Scald milk. Stir in butter, sugar and salt. Cool to 105° to 115°. Sprinkle yeast in warm water in large, warm bowl. Stir until dissolved. Add lukewarm milk mixture, eggs and 2 cups flour. Beat at medium speed of electric mixer until smooth, about 15 to 20 seconds.

Stir in remaining 1 cup flour and chocolate chips until well blended, about 1 minute.

Turn into well-greased 10-inch tube pan with removable bottom or 9-inch springform pan. Cover. Let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes.

Bake at 400° for 25 minutes. Remove from oven. Sprinkle with Coffeecake Topping. Return to oven. Bake additional 15 minutes or until done.

Cool in pan 10 minutes. Remove from pan. Cool upright on wire rack.

Food processor instructions: With metal blade in place, combine sugar, melted butter, sugar and salt in bowl. Process 5 to 10 seconds to combine.

Dissolve yeast in warm water. With machine running, pour yeast mixture over blade.

Combine eggs and milk. With machine running, pour mixture through feed tube in steady stream. Continue processing 30 seconds to knead batter. Stir in chocolate chips.

Turn batter into prepared pan. Let rise. Bake as directed above.

Coffeecake topping

1/2 cup butter or margarine
1/2 cup flour
1/2 cup sugar
1/2 tsp. cinnamon
1/2 cup semisweet chocolate chips
1/2 cup chopped pecans

Cut butter into flour. Stir in sugar, cinnamon, chocolate chips and nuts.

Food processor instructions: With metal blade in place, process flour, sugar, cinnamon, chocolate morsels, sugar, butter and cinnamon about 5 seconds until crumbly.

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1/2 TSP. CINNAMON

Meatless meals find favor flavored with dairy richness

In Americans' endless search for meal variety and lighter eating, many are turning to an occasional meatless meal. There are, in fact, several contemporary restaurants of renown which specialize in meatless fare.

One of the best known of these meatless restaurants is French Laundry, which has garnered national attention from the award-winning "Greens Cookbook" by Deborah Madison (Bantam Books, 1987). French Laundry is not a typical bean and noodle or tofu vegetarian spot, but instead serves satisfying, creative entrees, many of which have a deeply flavorful allure.

Dairy products form much of the starting, rich taste of the specialties at Greens to make Asparagus Crepes with Fontina Cheese; Balsamic Fettuccine with Green Beans; Watercress and Frisee; and Mousse. The best of these combine vegetables and greens of the season, ethnic spices and dressings, fresh fruit, their complements in natural yogurts and luxurious dessert creams.

The meatless recipes that follow are reminiscent of Greens' approach to combining and balancing. They provide a full one-third of the nutritionally complete protein and one-third of the calcium needed in a day, based on 2,000-calorie diet.

Cheese instead, kin to a stuffed pizza with extra cheese instead of tomato sauce, and prosciutto-fortified Three Cheese Pasta provide serious sustenance for the heartiest appetites.

Cheese supper bread

1 pkg. dry yeast
1 cup lukewarm water
2 cups all-purpose flour
1 cup whole wheat flour
1/2 cup cornmeal
1/2 cup salt
3 tbsp. butter, melted, slightly cooled
2 tbsp. chopped fresh parsley
2/3 cup dried rosemary, crushed

Filling

1/2 cup butter
3 cups sliced onion
3 cups chopped red and/or green pepper
2 cups sliced fresh mushrooms
1/2 cup sliced garlic, crushed
2 tbsp. flour
2 tbsp. chopped fresh parsley
2 tsp. Italian seasoning
1/2 tsp. salt
1/2 cup ricotta cheese
3 eggs, beaten
1/2 cups (6 oz.) shredded provolone cheese
1/2 cups (6 oz.) shredded mozzarella cheese
Melted butter

For bread, dissolve yeast in water. Let stand about 10 minutes or until yeast starts to bubble.

Combine flours, cornmeal and salt. Stir in dissolved yeast and water. Add 1/2 cup melted butter. Add 1 to 2 tablespoons more water, if necessary. Stir in parsley and rosemary.

Makes 6 servings, 452 calories, 21 gm. protein, 17 gm. fat, 54 gm. carbohydrate each.

Turn out on lightly floured surface. Knead until smooth and satiny, about 5 minutes. Place in well-buttered bowl. Turn to buttered side. Cover in plastic. Keep free from drafts, covered with damp warm towel until double in bulk, about 1 1/2 hours.

For filling, melt butter in large skillet. Sauté onions until tender, about 8 minutes. Stir in peppers, mushrooms and garlic. Sauté until tender, about 8 minutes. Remove from heat.

Drain off any excess liquid. Stir in flour. Stir in parsley, Italian seasoning, salt and pepper. Set aside.

Combine ricotta cheese and eggs in large mixing bowl. Stir vegetables and prosciutto and mozzarella cheese into cheese egg mixture. Set aside.

Preheat oven to 400°.

Punch down dough. Divide in two pieces, one slightly bigger than the other. Roll larger piece into a flat circle, about 12-inch diameter circle. Carefully fit in 11-inch quiche pan buttered and sprinkled with cornmeal. Let 1 inch of dough hang over edges. Pour filling into lined pan.

Roll second piece of dough to form 11-inch diameter circle. Place over filling.

Brush edges of bottom crust with melted butter. Fold bottom crust over top. Flute edges to seal.

Brush top with melted butter. Cut four slits in top for steam to escape.

Bake 50 to 60 minutes at 400°. Let stand 15 minutes before serving.

Makes 8 servings; 513 calories, 23 gm. protein, 25 gm. fat, 51 gm. carbohydrate each.

Three-cheese pasta

8 oz. ricotta cheese
1 cup (4 oz.) blue cheese, crumbled
1 pkg. (3 oz.) cream cheese
3/4 cup milk
3/4 cup chopped fresh parsley
4 tsp. dried crushed basil
1 tsp. salt
3/4 tsp. pepper
1/4 tsp. garlic powder

12 oz. spiral pasta, uncooked

2 pkg. (10 oz. each) frozen broccoli spears, 1 1/2", fresh broccoli

2 cups cherry tomatoes, halved

1 cup fresh mushrooms, halved

Combine ricotta, blue and cream cheese in small mixing bowl. Beat on high speed of mixer until smooth.

Add milk. Mix well. Stir in parsley, basil, salt and pepper. Set aside.

Cook pasta according to package directions. Drain well.

Cook broccoli according to package directions. Drain well.

To serve, place broccoli on one-third of large, heated platter. Toss pasta with half the cheese sauce. Spread on center of platter. Toss together tomatoes and mushrooms. Place on remaining third of platter. Drizzle remaining sauce over vegetables. Serve immediately.

Makes 6 servings, 452 calories, 21 gm. protein, 17 gm. fat, 54 gm. carbohydrate each.

For bread, dissolve yeast in water. Let stand about 10 minutes or until yeast starts to bubble.

Combine flours, cornmeal and salt. Stir in dissolved yeast and water. Add 1/2 cup melted butter. Add 1 to 2 tablespoons more water, if necessary. Stir in parsley and rosemary.

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Brush edges of bottom crust with melted butter. Fold bottom crust over top. Flute edges to seal.

Brush top with melted butter. Cut four slits in top for steam to escape.

Bake 50 to 60 minutes at 400°. Let stand 15 minutes before serving.

Makes 8 servings; 513 calories, 23 gm. protein, 25 gm. fat, 51 gm. carbohydrate each.

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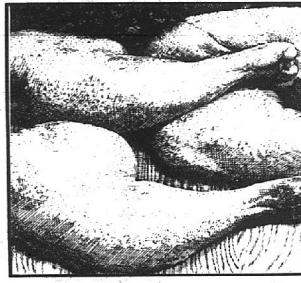
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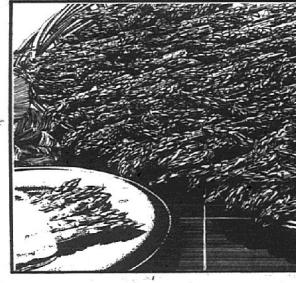


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Travel

Regency made good move acquiring Sun

By Jeannie Block

Although Regency Cruises has been on the cruise ship scene for only a little more than three years, it has been making a big splash in the industry.

The newly acquired Regent Sun joins its two popular sisters, Regent Sea and Regent Star in the Caribbean, in December 1989, attracting a new round of Regency loyalists.

This latest acquisition, formerly known as Line's first ship, the Royal Odyssey, originally was built for Israel in 1964 as the Shalom and later sailed as the German Hanseatic and Hone Liner. It has 25,000 gross registered tons and a capacity of more than 800 passengers; it is similar in size to the two other Regent ships.

Capt. Angelos Benetatos and his crew made the Sun's first voyage to the Royal Odyssey. Originally it was built for Israel in 1964 as the Shalom and later sailed as the German Hanseatic and Hone Liner. It has 25,000 gross registered tons and a capacity of more than 800 passengers; it is similar in size to the two other Regent ships.

The ship's interior has been completely renovated. The Royal Odyssey originally was built for Israel in 1964 as the Shalom and later sailed as the German Hanseatic and Hone Liner. It has 25,000 gross registered tons and a capacity of more than 800 passengers; it is similar in size to the two other Regent ships.

For sun worshippers, there are four sun decks to lay out on, as well as many tables with blue-and-white umbrellas that provide shade from a blazing Caribbean sun.

As for the indoor set, it is hard to catch up with the activities—the traditional bingo and horse races, first-run movies, bridge instruction, quiz sessions,

aerobics, vegetable carving—you name it. These mainly are directed by the social staff, which also provides evening entertainment.

The computer room, a Regency specialty on each ship, comes with a new instructor each week. Robert G. Crawford, a business systems computer and adjunct professor at Webster University's graduate program, conducted several classes during our cruise.

Among Regent Sun's sports features is an indoor pool in a large lower-deck fitness center containing new equipment and supervised by an instructor who offers personalized body analysis and training programs. Anyone for tennis? There is deck tennis court on the top deck.

For lunch there are several options other than the dining room's expensive buffet in the Lido, an outdoor barbecue on Riviera Deck and health food bar in the enclosed part of Promenade deck. There's also room service. Then there's the late night buffet.

The varied evening spreads—New York deli, Chinese, Mexican, among others—compare favorably with some ship's galleys, and this ship's gala is just that: a wide eye-popping assortment of magnificently presented foods and decorative pieces.

Beginning in May, the Regent Sun will cruise week-long schedules between Vancouver, Canada and Anchorage, Alaska. In September the ship will be repositioned to operate cruises in San Juan, Puerto Rico, for seven-day sailings, starting in mid-October, to eastern Caribbean islands.

Panama Canal a wonder when viewed from ship

By Jeannie Block

The 20th century's unparalleled engineering achievement—the Panama Canal—is celebrating its diamond anniversary in 1989.

It was 1914 when the Panama Canal was opened, after more than 10 years of construction, during which time armies of workers often faced nearly insurmountable obstacles and impossible conditions.

This 50-mile-long, nearly north-south, two-lane waterway connecting the Atlantic and Pacific oceans cuts across the Isthmus of Panama, saving ships months from ocean to ocean thousands of costly miles and days skirting South America's Cape Horn.

Today, an average of 33 ships make the daily transit, which takes around nine hours, not including time spent in holding tanks. The 12,234 ships passing through last year paid a total of \$1.2 billion in fees. A Commission \$340 million in fees, based on a set formula dealing with weight.

Essentially, these locks are water elevators that raise the ship to the high elevations of land through which it must pass. At each lock, a ship is raised or lowered 85 feet in a continuous flight of three steps at Gatun Locks.

The highest charge ever—\$106,782.33—was incurred last year by the cruise ship Queen Elizabeth 2, the longest ship to pass through. Richard Halliburton was charged in 1928 for his 10-day end-to-end swim.

The belief that many people harbor a natural curiosity about the canal prompted Regency Cruises to pioneer a partial transit as part of a world Caribbean itinerary. That interest was highly evident as Regent Sun approached the first set of locks. Every inch of space forward was crowded with people intent on photographing our entrance into the Gatun Locks. A canal commission commentator on the bridge provided background.

Today, these locks are water elevators that raise the ship to the high elevations of land through which it must pass. At each lock, a ship is raised or lowered 85 feet in a continuous flight of three steps at Gatun Locks.

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ST. LOUIS — You won't find the Andrew Sisters there, or Rosie the Riveter all dolled up for a dance with a G.I.

But just beyond baggage claim at the St. Louis International Airport, the USO is offering a home away from home for hundreds of service men and women every day.

The USO (United Service Organization) is a proud of its World War II-era heritage, its canteen dances and road shows aimed at boosting the morale of America's men under arms.

The number of today's USO men are quick to point out that times have changed.

"We still have coffee and doughnuts, but we're much less glamorous than that," said Lynn Morrissey, director of the James S. McDonnell USO at the St. Louis airport. "Some of my friends who know I'm a musician and know I work at the USO like to come in and see me dancing on the tables."

What visitors will find, however, is a nursery for infants, a playroom for toddlers, a room full of reading material, a small snack bar that serves "healthy snacks" as well as coffee and doughnuts. The entertainment comes from two television lounges, where the videotape of "Top Gun" is the most popular attraction.

The purpose of today's USO is "to serve the military and their dependents," Morrissey said.

"We entertain them and take care of them. This is a safe haven for them."

On a Tuesday afternoon, the St. Louis USO was full and hectic, with flights leaving every hour for Germany, Okinawa and the Philippines. Most of the patrons were young servicemen, heading back to their bases after leaves. But there were also female soldiers, older officers, spouses and children.

While most stay less than a day, some military men and women and their families need the USO's hospitality for days or weeks.

Cpl. Norman Reed had been at the airport nine days, waiting for a "space available" flight to Germany with his German-born wife and their two young sons. "They're nice here," he said. "They have the baby beds. We had to buy some milk, but that's about it."

The USO was founded in 1941 when President Franklin Roosevelt encouraged six civilian organizations to unite and provide wartime support to the military.

The USO of the '90s is a multi-faceted service organization that operates airport centers, fleet centers and cultural programs for foreign spouses of U.S. military personnel. Also, it sponsors touring entertainment shows abroad, with big names like Bob Hope, Loretta Lynn and Randy Travis.

The McDonnell USO is relatively young, opening at the airport in 1981 when the Military Airlift Command began using Lambert for military charter flights. It welcomes about 700 visitors a day, and last year served its 1 millionth military person.

Everyone is eager to note that the St. Louis facility is the world's largest airport USO, in terms of space (5,200 square feet) and number of volunteers (about 500).

"We're open around the clock and we've never closed since 1982," Morrissey said. "There's no limit on the goodwill of the USO."

The volunteers are the backbone of the USO and a source of pride for the professional staff. Jean-Marie Albert, director of volunteer services, keeps tabs on the number of volunteers who staff the center day and night.

"Most of them are ex-service men, from the World War II era, or they have some family connection," Albert said.

Sophie Umbricht, wearing a vest dotted with military pins, was holding down the fort at the always busy snack counter. She came with another volunteer four years ago and has been returning to help ever since.

Those that she helps are always grateful. Umbricht said she was recently loaned to one of the pins on her vest, given to her by a colonel who appreciated her hospitality. "He said, 'You are far more deserving of this than I am,'" she recalled.

Another time, Umbricht remembered, a young man had hurried home for the funeral of a family member. He needed some help getting ready. "We got him dressed and he said, 'I'll hemmed his trousers. He wrote back several times after that."

In addition to the time and energy of the volunteers, financial support from the community and the USO, Morrissey said. The McDonnell USO is entirely funded by contributions and receives no money from the USO World Headquarters, the U.S. government or the United Way.

The staff also tries to solicit contributions of food, toiletries, baby supplies for the nursery, blankets and other items.

"Many people just don't know that we're here," Morrissey lamented. "The USO is just as important during peacetime as it was during the war."

As times have changed, so has the USO's role, from boosting morale to serving military families.

Morrissey recalled a day when a woman came into the USO and thanked her. "She explained that a year earlier her daughter was dying and her husband was stationed in Germany. He had 10 hours to make it back, and he didn't make it in time."

Someone called the USO and asked a volunteer to delay the news to the man when he arrived. Morrissey said: "The volunteer talked to him and was so understanding it was like his mother telling him, she said."

And the woman brought in her new baby.

"That's what we're all about," Morrissey said, "smoothing the way for the military."



Beth Kirkover

Storekeeper Seaman Beth Anne Kirkover of Granite City has successfully passed an examination to achieve the rating of storekeeper petty officer 3rd class. She will officially assume the petty officer rank in June.

Kirkover also has transferred from the United States Naval Reserves to the United States Navy. She left April 3 for three weeks of indoctrination classes prior to being assigned to her permanent duty station.

For the past three years, Kirkover was an active member of the Naval Reserve Unit, serving

with the Naval Supply Depot Guam Detachment 118 at the Naval and Marine Corps Reserve Center in Bridgeton, Mo.

At the center, she served as secretary of the Retention Team, a small group within the unit which was responsible for solving unit problems.

Kirkover has traveled extensively as a Naval Reservist, visiting Japan, California and Florida. She also spent several training periods at the Naval Supply Station on Guam.

Patricia Clark

Army Pvt. Patricia E. Clark, daughter of Mr. and Mrs. Philip J. (Judith) Clark, 2314 Missouri Ave., has completed basic training at the 3rd Marine Aircraft Wing at the Marine Corps Air Station at Yuma, Ariz.

A 1985 graduate of Granite City Senior High School, Wallace joined the Marine Corps in June 1985.

map reading, tactics, military courtesy and justice, first aid and Army history and traditions.

She is a 1987 graduate of Granite City Senior High School.

Scott Storm

Staff Sgt. Scott H. Storm, son of S/Sgt. and Mrs. Gary D. (Mum Yong) Storm, 2185 Foreman Court, has arrived for duty in West Germany.

Storm is an artillery operations specialist with the 5th Field Artillery.



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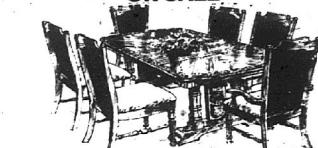
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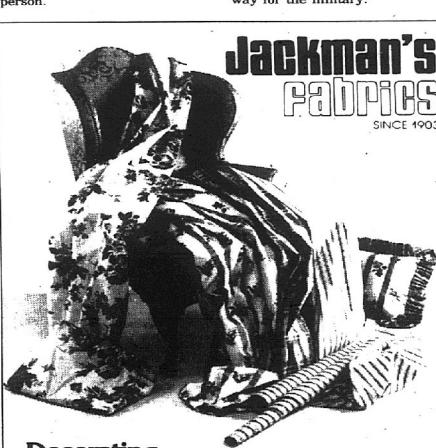
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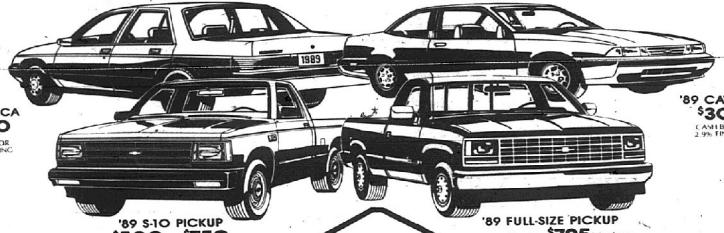
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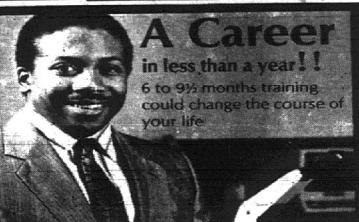
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Lenzi gets goal and assist to finish sweep of O'Fallon

By Dave Whaley

Executive sports editor

GRANITE CITY — Dave Ames has spent a lot of years sharing in victory with Gene Baker. Baker continues to win — and now some of that is coming from Lenzi's example.

The Lady Warriors completed a two-game weekend sweep of Ames' O'Fallon team with a 3-0 victory in Granite City's home opener. Monday, Sophomore Leslie Lenzi had a goal and an assist as the Lady Warriors raised their record to 4-1. Granite City had beaten the Panthers 3-0 on Saturday in O'Fallon and the result could have been much more, Baker said. "We missed some chances and I sure didn't want to run it up on Dave."

Ames, Baker's long-time assistant coach with the Warriors program, is still trying to get his team out of the starting blocks. The Panthers are 0-3.

"We are still not doing the things we want to do," he said. "We're not running around and making the overlaps like we should. I hope they are learning

things from these games. And we've had a pretty tough schedule to start with."

The Panthers have lost once to unbeaten Alton and twice to Granite City.

"Granite City was about like I expected," Ames said. "They have a lot of experience, which they don't have as much of, and they're just very tough."

After playing their first two games on successive days two weeks ago, the Lady Warriors had only one day off since and the rust showed at times. But junior Jennifer Moniz got things off to a quick start with her fifth goal of the young season after six minutes of play.

Sophomore Tia Rees started the play and Moniz banged the ball once off a defender before beating O'Fallon keeper Alyson Taylor with a nice shot from 20 yards out into the left corner.

It remained that way until a Panther mistake five minutes before halftime. An O'Fallon defender tried to clear the ball away from her goal area, but

the ball went backward and Taylor made an alert save. Both the carom went right to Lenzi for a point-blank shot and her second goal of the year. Lenzi then made a beautiful play and a perfect centering pass from the right wing to junior Jennifer Debevc for an easy shot at 57:00. It was Debevc's fourth goal of the year and her second in as many games against O'Fallon.

"Adrie just played an outstanding game all over the field," Baker said. "We struggled to get things going at times, but the work rate was there."

Senior Cheryl Holtkamp played the first three quarters in goal before freshman Leslie Stavely finished up for the shutout.

"She was very aggressive," Baker said of Stavely. "She really comes out and gets the ball."

Debevc and Rees scored in Saturday's game at O'Fallon and Kasprowicz picked up the shutout in wet, cold conditions. It was wet Monday, but it was still cold.

(See SOCCER, Page 1D)

DOC hunter safety course this week

Area residents will have an opportunity to learn the principles of safety during a Department of Conservation hunter safety course scheduled from 6 to 9 p.m. April 13 and 8 a.m. to 4 p.m. April 15 at the VFW Hall, 21st and Washington in Granite City.

1976 state law requires that all hunters under 16 successfully complete the hunter safety course before receiving their

first hunting license. Participants completing the course receive a Hunter Safety Certification verifying they have passed the course.

"This will be an excellent opportunity for young hunters who need the course in order to qualify for their first hunting license," said Bill Sinks, conservation education representative. "It also can be beneficial for beginning hunters older than

16, even though they do not require the course to be eligible for a license."

The 10-hour course includes instruction in wildlife management, firearms safety, hunter ethics, game identification, first aid, survival techniques and regulations.

For more information, contact the coordinating instructor at 876-7923.

On Baseball



By Rob Rains

1st homestand vital to total attendance

Whether the Cardinals can draw close to 3 million fans this year might be determined during the team's first home stand of the season.

An entire season's attendance usually is not predicated by what happens during a few games in April, but this season's schedule is not a normal one for the Cardinals.

Because the team complained loudly enough when the initial 1989 schedule had the team making three trips to the West Coast instead of the usual two, the schedule was changed. The result? A 16-game home stand that begins Friday against the Mets.

"The first schedule had us making our second trip in July, then coming back home for one series and then flying back to San Diego," said Mike Bertani, the Cardinals' director of ticket and game operations. "We thought it was kind of silly."

When the Cardinals complained, the National League said the third trip was a result of the team's request to be out of town over the Fourth of July to avoid conflicting with the VP Fair. The league said the extra trip was the only way to grant that request.

"We re-rended that request, but then when the schedule came back they had dropped the third trip but we had a four-game home stand in April," Bertani said. "It was a catch 22 situation."

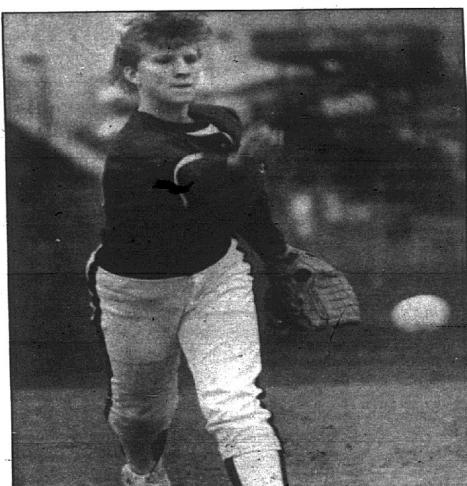
The Cardinals were one of three NL East clubs scheduled to make three trips to the West Coast, with Pittsburgh and Chicago still will make that extra trip, with the Pirates going to Los Angeles after a series in Chicago, and then returning home. The Red Sox will travel home from San Francisco in between two home stands.

Bertani said the Cardinals objected to the extra trip more out of concern for the team than anything else.

"Basically, we look at the team, and we thought it would be tough on them," Bertani said. "Certainly economics plays a part, but we were mainly looking at it from the team's aspect."

The home stand — against the Mets, Pirates, Expos, Giants and Dodgers — will be the first off-schedule the longest home stand in Busch Memorial history. The team had 16-game home stands in 1978 and 1979, but the home stand in 1978 was interrupted by the All-Star Game and Cahokia for 17th.

(See RAINS, Page 4D)



(Staff photo by Dave Whaley)

Flyers win at West; Trojans, Warriors down in pack

By Dave Jefferson

Staff affiliated

BELLEVILLE — Despite temperatures in the 40s and freezing at times, three metro east high school track powers joined forces to put on a record-breaking track and field Saturday's 27-team meet at Saturday's 27-team Belleville West Invitational track meet.

St. Louis Senior High School ran away with first place in what used to be known as the Mineral Area meet with 121 points by capturing five medals in the sprinting events. Another Southern Illinois Conference team, Alton Redbirds, finished second with 103 while East St. Louis Lincoln came away third with 81 points.

The Madison Trojans finished in tie for 21st with Freshmen with five points while the Granite City Warriors finished tied for 24th with Collinsville with two points. Jessie Leonard accepted for all the projects points with a seventh (two points) in the 100 meters (11.8) and a sixth (three points) in the 400 meters (52.0). The Warriors had eight (one point each) from Mike Faa in the long jump (20-11 1/4) and Dan Grayson in the discus (138-2 1/2).

Other area teams finishing in the Top 15 included Edwardsville (10th), Alton (11th), Mascoutah (10th) and O'Fallon (14th). Wescin was 16th and Belleville West tied with Civic Memorial and Cahokia for 17th.

FINAL STANDINGS

1. E. St. Louis...	121
2. Edwardsville...	103
3. Lincoln...	81
4. Mount Vernon...	62.5
5. Decatur Memorial...	49
6. Alton...	46
7. Edwardsville...	37.5
8. Belleville East...	34
9. Granite City...	32
10. Mascoutah...	29
11. Berkeley...	26.5
12. Alton Redbirds...	23
13. Springfield SE...	14.5
14. O'Fallon...	11
15. Wescin...	10
16. Wescin...	9.5
17. Cahokia, CM & BW...	18
18. Alton Redbirds...	14
19. Madison...	12
20. MADISON, Freshmen...	5
21. Vashon...	4
22. GRANITE CITY, Collinsville...	2

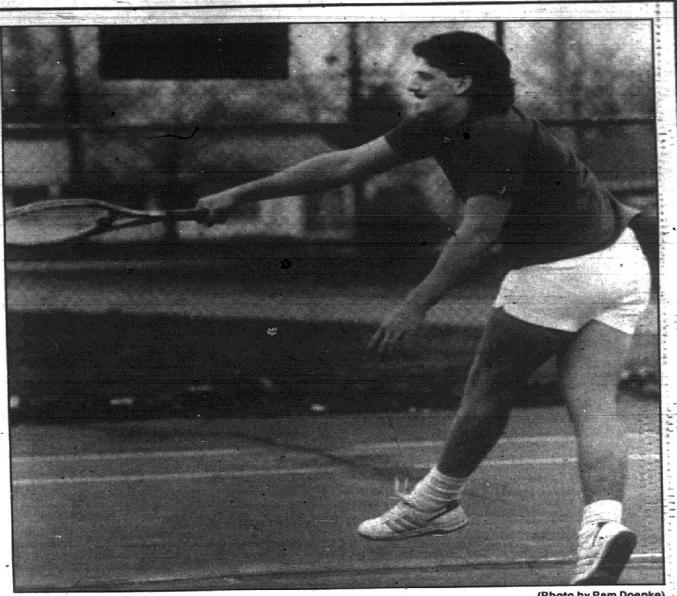
A good measure of the strength of the field shows Berkeley with five Missouri state track titles in this decade, with an 11th-place finish with 28 1/2 points.

"Considering the weather, things have gone fine," said Belleville West track coach and director Norm Armstrong.

Armstrong, who will retire this year after 20 years at West, was pleased with the long jump of 22-3 1/2 by Maroon Mike Hall, good for second place and West's best performance. Alton's Myron Hickman won the event with a leap of 20-2.

"The competition is great," Armstrong said. "It makes the

(See TRACK, Page 4D)



(Photo by Pam Doepke)

WARRIORS WIN: Eric Mertz of Granite City won in No. 5 singles. Granite City was second with 38 points. O'Fallon was third with 35. Other singles winners from Granite City were Rich Harmon at No. 4 and Brian Jones at No. 6. Eric Patton and Chris Martinez won at No. 4 doubles. Raffi Karibian took third at No. 2 singles. Coach Al Lobdell attributed the win to the Warriors' depth, since there were six singles divisions. Granite City played at Edwardsville on Monday and hosts Roxana today at 4 p.m.

Timely hitting, Pawlak's pitching help Lady Warriors even record

By Dan Schwandner
Correspondent

GRANITE CITY — Timely hitting and outstanding pitching carried the Lady Warriors to a 5-3 victory over Edwardsville on a cold, blustery Monday afternoon at Wilson Park.

Coming off a 12-2 defeat at Wood River on Friday and having to play Belleville East and Wescin on Saturday, Lady Warriors coach Jim Davis said the victory could not have come at a better time.

"It's a terrific victory for our two kids considering our next two games are against the top two teams in the Southwestern Conference," he said. "It's a definite confidence builder."

Pawlak, coming off a foot surgery, pitched a one-hitter in helping the Lady Warriors even their season record at 2-2. Davis had nothing but praise for his No. 1 starter.

"We really need him to be successful," he said. "She's really matured and is a real competitor."

At the beginning of the season, Davis would have rather had someone else step into Pawlak's role and played Pawlak at shortstop. However, the play of

freshman Tiffany Winters may have convinced him otherwise. "I think she's more than an adequate job at short," Davis said. "I don't feel a bit worried because she's doing an outstanding job."

After both teams scored first-inning runs, Granite City took the lead for good in the fourth.

Junior Cheryl Holtkamp walked leading off the inning and scored on a wild pitch by Edwardsville's Michelle Bequette.

Bequette advanced to third on the play when the Tigers tried to throw Holtkamp at the plate.

Winters followed and scored on a single to right by Bequette.

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Pawlak ran into trouble in the sixth. The first four Tiger hitters reached safely on hits. Edwardsville already had a run home and had the bases loaded with nobody out.

The Warrior lead was preserved, however, when Pawlak retired the next three batters. Melissa Dorsey flied to short center. Onley grounded to third and Winters followed with a base on balls.

Holtkamp at the plate for the force out. Michelle Hayes, pinch hitting for starting catcher Jamie Stack, grounded to short to end the inning.

"When you throw strikes you always have a chance," said Davis. "Walks are what kill you."

"I was pretty disappointed when I had the bases loaded and couldn't get anybody across," said Tiger assistant coach Irene Mezzano, filling in for head coach Kay Byten, who is out with kidney problems.

With the loss, Edwardsville dropped to 0-2 on the young season.

"Our varsity team has not played too much together," Mezzano said. "We're making a lot of mental errors and until we

(See SOFTBALL, Page 4D)



(Photo by Pam Doepke)

DAN BRAZEE: of the Warriors clears the bar in the high jump competition at the Belleville West Invitational.



BILL WHITE as he appeared during the Cardinals' 1964 world championship season.

Rise to NL presidency a big surprise to White

By Rob Rains

Staff affiliate

ST. PETERSBURG, Fla. — Bill White said he had never expected to find himself in a such a management job when he was playing first base for the Cardinals.

Never has arrived.

White, after a 13-year playing career with the Cardinals (1966-69) and Phillies and 10 years as a broadcaster with the New York Yankees, has succeeded A. Bartlett Giamatti as the president of the National League.

"That's the kind of thing I would have thought," White said of taking a job just one step below that of commissioner. "I had no desire to be president."

But now he has taken the assignment. White said his primary goals are to carry on with Giamatti's programs and to try to keep from tinkering with the game.

"It's a great game," said White, 55. "The thing that gnaws at me is if people continue to try to tinker with it. I hope I can get people to realize we've got a hell of a game here, let's not hurt it. Let's leave something for the future."

White, who signed a four-year contract, characterized himself as a professional in every sense of the word.

He likes outdoor stadiums, he likes grass, he doesn't like the designated hitter, he thinks both leagues should have the same style of teams and he intends to enforce the rules of the game and penalize those who break them.

"The rules are there, they are

strict and they will be enforced," White said. "I'll reinforce players. I'll go by the rules."

White worked out of Giamatti's office starting in early February before officially taking office April 1, the same day Giamatti succeeded Peter Ueberroth as commissioner.

"Bart's taken a step. I've taken a step," White said. "I've been with him. I just want to continue with the things Bart has started. We're worried about all of the same problems."

White said he would work toward improving relations between owners and players.

"There's no reason players and owners can't have better relations," he said. "I'd like to try to cut down on some of the negative publicity we've gotten. I'd like to get a player who's making \$2 million a year to realize he's not the only one."

"I'd like to leave the game better than when I got it. I want to talk to the owners and general managers and find out what they think. I want to know what can be done to help baseball and help them. I have to find out what their problems are."

Considering White has been either a player or broadcaster for 23 years, he said, "there isn't a lot about the game that will surprise him in his new job."

What he doesn't know is how well he will be in a management position.

"It isn't fun. I'll find something else to do," White said. "It depends on how I enjoy it, the cooperation I get and it depends on what type of job I do. I don't

know where it will lead to."

White is definitely glad, however, to be back in the National League.

"I like the more aggressive style of play," White said. "I don't like the DH, because all a manager has to do is know how to spell nine names and then wait for the ninth inning and pin it on for somebody."

"I like rivalries and I think there are more of them in the National League. When I played, we didn't really like anybody. It was nice to go against them."

White knows the most controversial area likely to come up during his administration is expansion, and he said he really had no firm opinions on the subject, other than to realize that it is coming.

"I have no opinion as far as area," he said. "I do think there is an imbalance of teams in the NL (there are 12) and I think there should be a balance. That's the first thing that has to be done, get parity and then go from there."

White, who toured all of the camps during spring training, said he had received a favorable reaction since his election was announced.

"I didn't get that type of reaction when I played," he said. "Everywhere I've been the people have been great."

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Several openings in park leagues

There are still openings in several park district leagues for the coming season.

There are openings in the Granite City Park District's youth baseball and softball leagues on Sundays at 1 p.m. 2 p.m. and 3 p.m. The entry fee is \$150 per team and non-resident adults pay an additional \$17.50 per player. Anyone interested in participating in a team should contact the park office at 877-3059. The season begins April 24.

There are also openings in the Granite City Park District's youth baseball league for boys born in 1981. Anyone interested in managing a team should contact the park office at 877-3059. The season begins April 15.

Boys ages 14-15 interested in playing park district baseball should sign up at the park office by April 30.

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Pro wrestling on tap at GCC gym April 15

There will be a night of pro wrestling at the Granite City Campus gym on April 15.

Doors will open at 6 p.m. for the program, which begins at 8 p.m. There will be three regular matches, plus a women's match featuring amateur women's match pitting Shirley Black against Tanya.

The event is sponsored by the Granite City Jaycees.

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•Rains

(Continued from Page 1D)
home stand was the result of three rainouts, which were rescheduled as double-headers.

The Cardinals' sales have sold more than 2.5 million tickets for this year, but no-shows are not counted when compiling a team's final attendance figure. Bertani is worried that there will be a lot of no-shows during the heat of the season.

"Last year we averaged 38,000 in April, but that was just for nine games," Bertani said. "We're hoping to average 300 (84,000 per game), and if the weather holds out we might be able to do that."

"There's really nothing else you can do. April is always the hardest month to draw."

The agent for Minnesota Twins pitcher Frank Viola is telling the team to trade Viola rather than risk losing him as a free agent after the season.

"The Twins should try to trade Viola, definitely," said the agent, Craig Fenech.

Asked if the team would Viola would be willing to re-sign with the Twins, Fenech said, "Absolutely, that's what I'm saying, it's over."

Viola has turned down a three-year, \$7.9 million contract, which was identical to the pact signed by the Dodgers' Orel Hershiser in the off-season.

"We've gone through as we're going to," said Twins general manager Andy MacPhail. "This is the most we can possibly justify. All offers are off the table. If they can do better somewhere else, then they have that option."

Viola allowed eight hits and three runs in six innings in an opening-day loss to the New York Yankees. Minnesota and was booted as he left the field.

There is confusion in Seattle over pitcher Clark Langton's contract situation.

Langton, who also is eligible to be a free agent at the end of the year, said neither he nor his agent had talked with any Major League club about his contract for more than a month.

General manager Woody Woodward said he was not involved in any negotiations. Team president Clark Armstrong, who has had major contracts in the past, said team owner George Argyros had said he would personally be conducting the Langton negotiations.

Houston Astros pitcher Bob Knepper is another pitcher who apparently is trying to get himself traded. He has criticized the team's absentee ownership — owner John McMullen lives in New Jersey — as the biggest reason for the team's lack of support. He signed a one-year, \$1 million a year, on a contract that runs through this year, with an option for next season.

Seattle is talked about trading shortstop Ron Quinones to the Yankees for lefthander Al Leiter. . . . Every non-pitcher on the Oakland A's started either the first or second game this season. . . . Gant led all second basemen with 26 errors last year and is taking aim on the title at a new position this season. Gant switched to third base, made six errors in spring training and had two on opening day. . . . The Cardinals ought to have the Cleveland Indians' schedule. . . . The Indians are swinging from the American League East this year and will make four trips to the West Coast.

Ex-Cards of the Week: The Philadelphia Phillies. The first, in the season, has been able to get to the team with the most former Cardinals on its opening-day roster. The Phillies win with four — pitcher Larry Williams, second baseman Steve Heitz, center fielder Steve Lake and outfielder Curt Ford. Catcher Tom Nieto, another former Cardinal, is on the Phillies' disabled list.

•Soccer

(Continued from Page 1D)
"We've been practicing indoors a lot (at Soccer Fun Park)," Baker said. "But we've been able to get outside in the last week."

NOTES: The schedule gets tougher this week as the Lady Warriors play some home. They face Alton (7-0) on Thursday at 4:30, then tangle with Collinsville on Saturday at 1 p.m. McCluer North comes to town for a 4 p.m. game Sunday. The Lady Indians delayed final game of the R-9 Tournament against Mehlville will be played May 1 at 4 p.m. at Mehlville High School.

•Softball

(Continued from Page 1D)
find the right combination of players, the first part of the season may be a little rocky. With the bad weather we've been having and the way we've been having to practice, we're definitely not at our capabilities right now."

After hosting Belleville East on Tuesday, the Lady Warriors will travel to Belleville West for a 4:30 p.m. contest on Thursday. Pawlak is expected to pitch that game.

•Track

(Continued from Page 1D)

meet interesting, but it would have been a lot better if we would have had a track."

Mascoutah senior Darren Plab had an off day in the high jump and still tied the meet record of 6-10 set by Edwardsville's Scott Arnold. In the 100, Plab ran with Mount Vernon's Jason James, who won on the basis of no misses. Plab then had the bar set at 7-4 — one inch lower than the Illinois prep record — but was on three tries. In the 300-meter intermediate hurdles, Mascoutah's Terry Elmore had a time of 40.8, good for third

place behind East Side's Vernon Powell in 39.2. Another Indian, Tom Weller, was third in the 200-meter run with a time of 23.5 and fourth in the 100-meter dash in 11.8, one of six runners to finish with a 10.8 in the semis.

Mascoutah coach Pat Cook said of Meyers, "For some reason they ran the final into the wind. I'm not sure about that. That's what I expected to be. We were a little disappointed that our 400-meter relay team dropped the baton. We were expected to score pretty high there."

Belleville East did well in the fresh-soph 1,600-meter relay with a second place behind Hazelwood Central in 4:41.2. The Lancers tied for fourth with Belvidere in the 4x100 relay, a sixth in the 4x200 relay and got a fifth in the pole vault.

Individually for the Lancers, Tyrone Perry was sixth in the 100-meter dash in 11.8 and sixth in the 200-meter run in 24.4.

NOTES: In girls track, the Madison Trojettes took second at a quad meet in Collinsville on Friday with 76 points. Cahokia won the meet with 105 points. Madison got six firsts, including

three out of four relays.

Winning relay teams were Trans. Burt, Yvonne Sanders, Kristina Garrett and Melissa Davenport in the 800 medley (2:03.5); Sharon Browley, Garrett, LaGloria Marshall and Vivian Turner in the 800 relay (1:52.4); and Brodley Garrett, Marshall and Turner in the 400 relay (51.4).

Individual winners were junior Shalonda Wright in the 400 (54.9); Sarah (55.5); Garrett in the 200 meters (27.3); and Burt in the high jump (4.9).

The Trojettes got four seconds: Virginia, Marshall, Detra

Blakely and Davenport in the 1,600 relay (4:40.9); Deanna Brown in the 300 hurdles (56.5); Angelique Brown in the high jump (4.6); and Marvis Jones in the shot put (31-6).

Thirds came from Deanna Brown in the 100 hurdles (18.6); Browley in the long jump (15.7); Nicole Walker in the 100 meters (14.2); and Jones in the discus (81.5).

Madison hosted a meet Monday with Lebanon, East St. Louis, Assumption and Belleville. Also on Monday, Granite City hosted Cahokia in boys and girls meets.

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